

Bounce and Balance

Click to become an
Active Schools
Champion

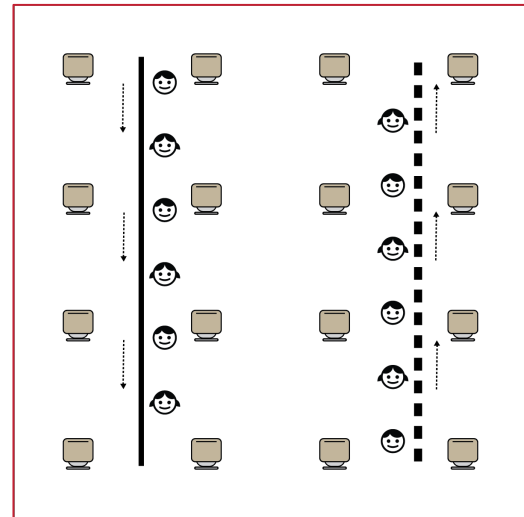
ACTIVITY SET-UP & PROCEDURE

Equipment:

- ▶ Masking Tape
- ▶ Music ([U R what U Eat: Hip Hop Public Health](#))

Set-Up:

1. Create a solid line of tape next one aisle of desks, and a dashed line next to another aisle.
2. Students line up on the solid line in 1 single-file line.



Activity Procedures:

1. It's Active Classroom Time! We're going to play a game called Bounce and Balance!
2. The object of the game is to stay on our balance lines while you move down each aisle.
3. When you're on the solid line, walk heel-to-toe like it is a balance beam. Hold your arms out to your sides to help you keep your balance.
4. When you get to the dashed line, bounce (jump) with a 2-foot takeoff and 2-foot landing.
5. We'll bounce and balance while we listen to a song. When the song stops, freeze, stand tall, and be ready to listen.
6. **TEACHER NOTES:**
 - ✓ This can be done with "imaginary lines" if masking tape is not an option. Designate 1 aisle as the balance line and 1 as the bounce line.

Academic Language Focus:

- ▶ **Balance** (verb) To keep or put something in a steady position so that it does not fall.
- ▶ The use of the word balance is obvious when talking to students about walking on a line. However, also reinforce the importance of jumping and landing with balance.

STANDARDS
& OUTCOMES
ADDRESSED

College & Career Readiness (Speaking & Listening)

Participate effectively in a range of conversations and collaborations with diverse partners, building on others' ideas and expressing their own clearly and persuasively.

College & Career Readiness (Language)

Acquire and use accurately a range of general academic and domain-specific words and phrases sufficient for reading, writing, speaking, and listening at the college and career readiness level.

DEBRIEF
QUESTIONS

Depth of Knowledge (DOK) Tiered Question Sets:

- ▶ **DOK 1:** What does the word balance mean?
- ▶ **DOK 2:** What did you notice about your balance when you were walking on the line? What about when you were jumping and landing?
- ▶ **DOK 3:** How is balance related to safety?