

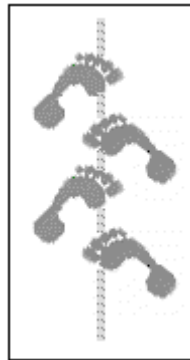
Tightrope Walk

This activity helps develop movement thinking while hands and feet are in extreme positions.

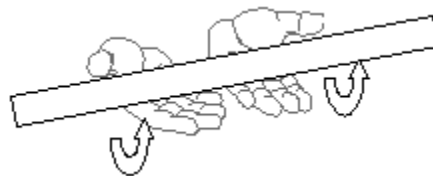
You will need a straight line on the floor to walk along. You can use a piece of string to make the line, or draw a line on some paving if you are outside. You will also need a wooden stick, such as a broom handle or a length of dowel.

Step 1. Heels out, toes together

Stand at one end of the line on the floor, one foot in front of the other, with the **toes** of each foot on the line and **heels** as far out as is comfortable.



Hold onto the wooden stick so that palms are facing upwards and thumbs are facing outwards. Elbows should stay by your sides.



Start walking along the line on the floor, lifting your leg and stepping so that one foot goes in front of the other. You should lift your leg, with the knee bent and foot still turned in, so the foot comes up almost as high as the other knee. Remember that your elbows should stay by your sides as you walk.

Walk the line then turn around and walk back.

Step 2. Toes out, heels together

Stand at one end of the line on the floor, one foot in front of the other, with the **heels** of each foot on the line and **toes** as far out as is comfortable.

Hold onto the wooden stick so that **palms** are facing **downwards** and **thumbs** are facing **inwards**. Elbows should stay by your sides.

Start walking along the line on the floor, lifting your leg and stepping so that one foot goes in front of the other. You should lift your leg, with the knee bent and foot still turned out, so the foot comes up almost as high as the other knee. Remember that your elbows should stay by your sides as you walk.

Walk the line then turn around and walk back.