



## Setup

- Set up a tightrope pathway using ropes, cones, and other objects.

## Safety

- Spatial awareness

- Participants travel along the pathway and back again using different locomotor movements:
- Walk heel-toe (arms raised to balance).
- Walk sideways without crossing legs.
- Hop on one foot.
- Jump on two feet.
- Baby crawl.
- Bear crawl.

## Modifications

- Ask participants how many other ways they can move through the pathway.
- Encourage participants to hop, skip, or jump around the playing area.