

## LONG STRAIGHT LINE ACTIVITIES

**Supports:** Locomotive Movement Directional Movement Spatial & Body Awareness Dynamic Balance Sequencing Motor Planning Laterality

**Equipment:** 2 - 3 Meter Length of Rope / Tape on the Floor / Chalk on Pavement



### Beginner Level



#### 1 Walk the Line

Walk forward along the line placing one foot in front of the other. Hold the arms out to the side for balance.



#### 2 Open & Close Jumps

Stand with feet on the line. Jump legs apart and together again on the line. Repeat moving forward.



#### 3 Step Together on the Line

Step together sideways along the line.

### Intermediate Level



#### 4 Backward Line Walk

Walk backwards along the line placing one foot behind the other. The arms are held out to the side for balance.



#### 5 Side-to-side Line Jump

Jump over the line from one side to the other with feet together. Land on both feet.



#### 6 Stride Jumps along a Line

Stand sideways with one leg in front of the rope and one behind. Jump, change legs in the air, to land with opposite leg in front. Repeat moving sideways along the line.



#### 7 Forward-Backward Jumps

Stand sideways at one end of the line. Jump forwards and backwards over the line moving sideways.

### Advanced Level



#### 8 Side-to-side Line Hops

Hop over the line on one leg from one side to the other moving forwards.



#### 9 Criss-cross Line Jumps

With legs apart over the line, jump to cross legs to opposite sides of the line. Repeat moving forwards.



#### 10 Side-to-side Backward Jumps

Jump over the line from side to side with feet together while moving backwards.