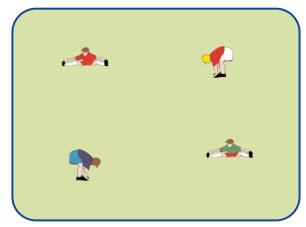


## Toes

Body Awareness - U6





# Activity Organization:

This activity is appropriate for 5-9 year olds. Toes is a creative body awareness and challenging activity.

Players are sitting down holding their toes. Through all of the instructions, players must not let go of their toes.

Suggested challenges:

a) Can you make one leg longer than the other, without letting go of your toes?

b) Can you make the other leg longer, without letting go of your toes?

c) How wide can you make your legs, without letting go of your toes?

d) How small can you make yourself, without letting go of your toes?

e) Can you make yourself as large as possible, without letting go of your toes?

f) Can you make yourself as narrow as possible, without letting go of your toes?g) Can you get your feet higher than your head, without letting go of your toes?h) Can you place your feet behind your head, without letting go of your toes?

i) The grand finale. Can you stand up and walk, without letting go of your toes?

# Implications for the Game

#### Technical

• Does not apply

### Physical

Body awareness

### Tactical

Following instructions

#### Social/Psychological

• Creativity of body movements

## **Related Activities**

- Ballnastics Individual
- Human Obstacle Course
- Snake in the Grass

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