

 **WHAT IS IT? (RATIONALE)**

Coordinating your movement with other people is an important part of life. When you are out on the street, other people will be moving in many directions and different speeds than you. It can be overwhelming.

 **GETTING STARTED (PROCEDURES & MATERIALS)**

One student will sit on the ground. A second student will put his/her feet under the first student's arm (to connect) and they will now be one unit, or bug. They will then have to move using only the first student's feet and the last student's hands.

No equipment necessary

 **ADAPTATIONS**

You can also use the first student's hands for better balance.

Add more students to it (3 or 4 people) to make it harder. The people in the middle will use their hands only.

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DOMAINS ADDRESSED



SEQUENCING

**BODY IMAGE
FOLLOWING DIRECTIONS**



BALANCE

**GENERAL
COORDINATION
TACTILE TOUCH**



FLEXIBILITY

STRENGTH



COOPERATION

**SELF CONTROL
BEST EFFORT
RESPONSIBILITY**