

 **WHAT IS IT? (RATIONALE)**

This activity is designed to help students work their motor skills while practicing following directions and maintaining self-control.

 **GETTING STARTED (PROCEDURES & MATERIALS)**

This activity could include music, so a radio or record/tape/compact disc player should be available. Students will pretend they are walking on hot coal or any other hot surface every three steps. They will alternate legs doing a high knee or butt kick. They can use correct form of hand/leg coordination when walking, stressing the high knee or butt kick.

 **DEVELOPED BY:**

Julius Curry, University of Michigan

 **ADAPTATIONS**

If your students have a difficult time distinguishing every third beat, try these options:

- ↳ Play a beat that stresses every 3rd beat such as “We will, we will, rock you.”
- ↳ For those that may not exhibit good hearing, you can have them count the steps in their heads. You may add music if in a classroom, but mainly this is a hallway exercise.
- ↳ Alternate activities by chorus and verse. i.e. do jumping jacks during the chorus and skip during the verses.
- ↳ “I think I added more control for the activity when I started them at one side of the room standing on tape and pretended the middle of the room was hot, at the other end of the room was another piece of tape that I called the safe spot.”



BODY IMAGE
LATERALITY
FOLLOWING DIRECTIONS
SEQUENCING
LANGUAGE



BALANCE
GENERAL COORDINATION
HAND-EYE COORDINATION

DOMAINS ADDRESSED



STRENGTH
FLEXIBILITY



SELF CONTROL