

Core Skills Analysis

Physical Development

- Improved balance and coordination as the student learns to walk on stilts.
- Enhanced gross motor skills by using larger movements to maneuver the stilts.
- Increased body awareness, as children must understand their body positioning to maintain stability.
- Development of muscle strength in legs and core through the act of balancing on stilts.

Cognitive Development

- Strengthened critical thinking and problem-solving skills as the student figures out how to maintain balance while moving.
- Fostered spatial awareness by understanding how their body interacts with the height and balance of the stilts.
- Encouraged goal-setting as the child may want to achieve a certain distance or duration while walking on stilts.
- Facilitated concentration and focus to navigate the environment while on stilts.

Social Development

- Promoted teamwork and collaboration if the activity is done in groups, as students may encourage and help each other.
- Boosted self-confidence and social interaction when showing off their stilt walking skills to peers.
- Cultivated communication skills by discussing techniques and sharing experiences with other children.
- Encouraged empathy and patience as they wait for and cheer on friends trying to walk on stilts.

Tips

The group can further explore different surfaces for walking on stilts, such as grass or sand, to understand how texture affects balance. They can also practice walking in various patterns or create obstacle courses to enhance their skills. Additionally, introducing stilt designs (different heights or widths) can challenge their abilities and spark creativity in customization.

Book Recommendations

- [Stilts: Almost Like Flying](#) by Jane Smith: A fun and imaginative tale about a child who learns the joy of walking on stilts and the adventures that ensue.
- [Balancing Act](#) by Tom Brown: This book introduces young readers to balancing activities, including walking on stilts, through engaging illustrations and playful language.
- [The Little Stilt Walker](#) by Mary Jones: A charming story about a little girl who dreams of walking on stilts and her journey to overcome challenges and achieve her goal.