



1



Balancing

- Increases understanding of efficient body positioning and control, principles of gravity, equilibrium, base of support, and counterbalancing
- Promotes muscular strength and endurance throughout the entire body

3



Brachiating

- Improves muscular strength and endurance
- Promotes hand-eye coordination and rhythmic body movement

5



Climbing

- Enhances spatial awareness and coordination
- Fosters whole-body muscular strength, endurance, and flexibility

Sliding

- Enhances core stability, dynamic balance, and leg and hip flexibility
- Provides body and spatial awareness experience



2

Spinning

- Develops kinesthetic awareness and postural control
- Improves understanding of speed, force, and directional qualities of movement



4

Swinging

- Promotes aerobic fitness, muscular force, and whole-body awareness
- Emphasizes the importance of timely energy transfer during movement



6