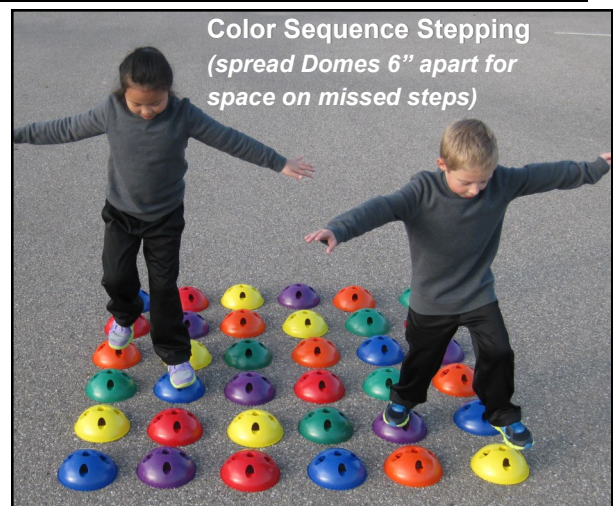
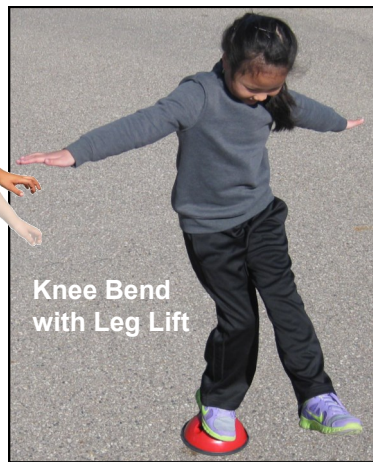


# Action Dome Guide

- Balancing
- Agility Obstacles
- Targets & Markers

**Safety Warning When Balancing:** *Deluxe Domes* have a slip-reducing rim; however, balancing and walking on any Dome should only be done under adult supervision. Never jump, run, or race from Dome to Dome. Never spread Domes more than 6" apart when used for balancing/walking. Never place Domes on slippery or uneven surface when used for balancing/walking. Use a spotter to walk along and hold the arm of the balancer if necessary to ensure safety.

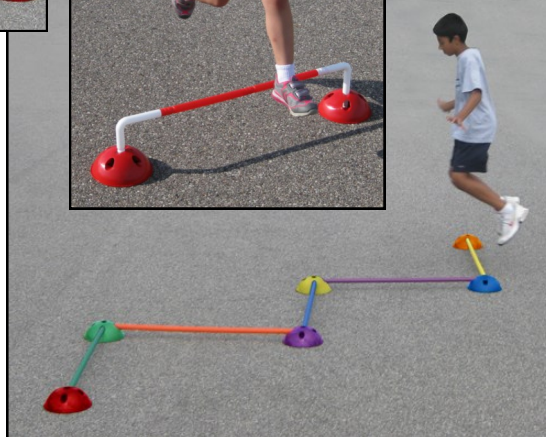
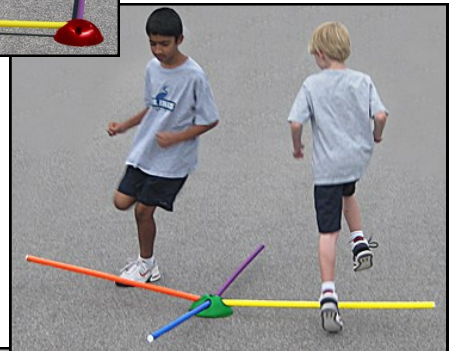
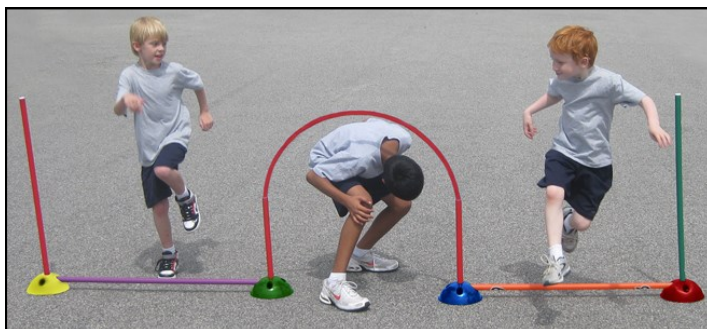
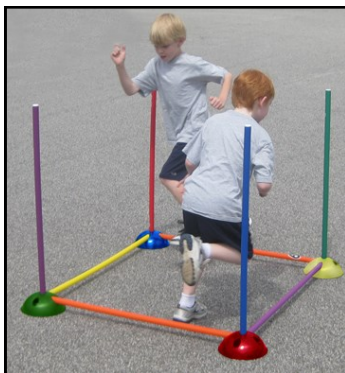
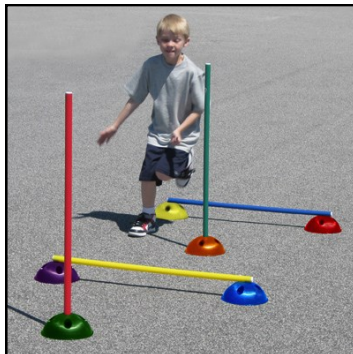
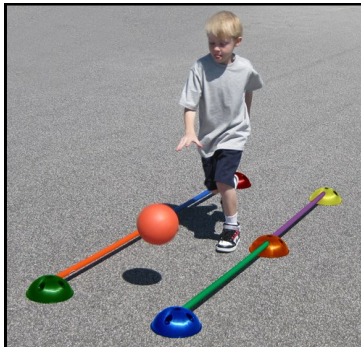
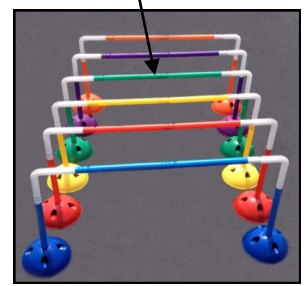
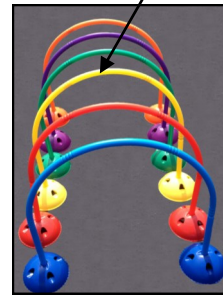
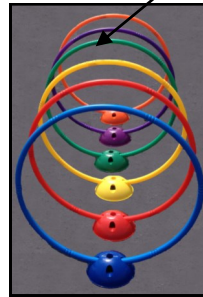
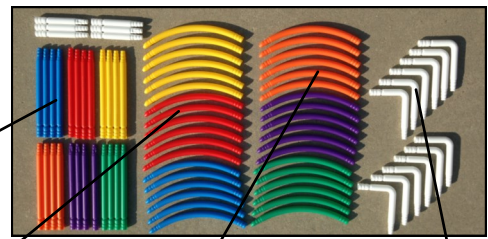
**Teaching Balancing:** Focus on four keys: (1) arms out "like an airplane"; (2) unlock the knees; (3) eyes straight ahead when not walking; (4) weight on the pads ('balls') of the feet just behind the toes (5) allow constant adjustments in the arm and head position to compensate tipping too far to one side.





# Movement Agility With ***Action Dome Kits***

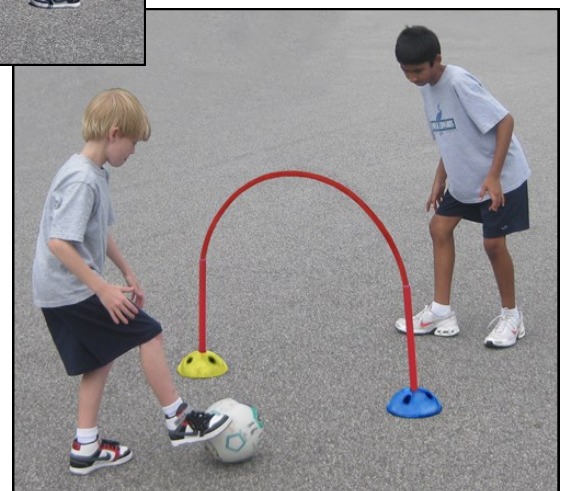
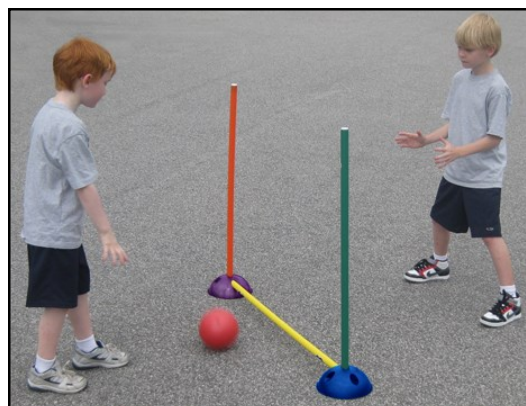
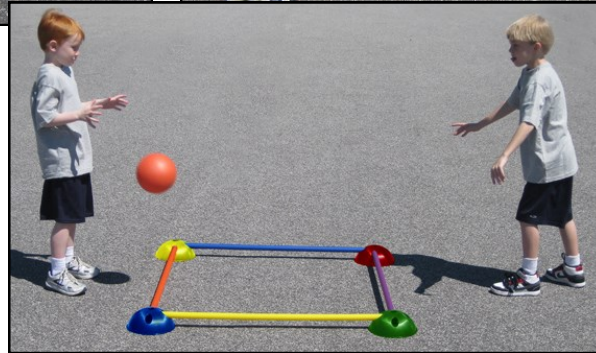
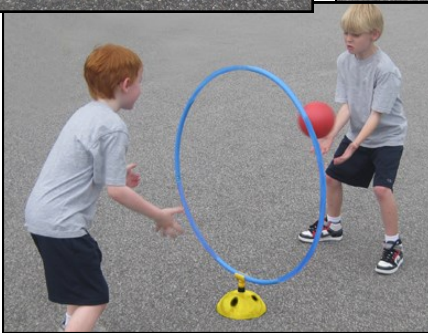
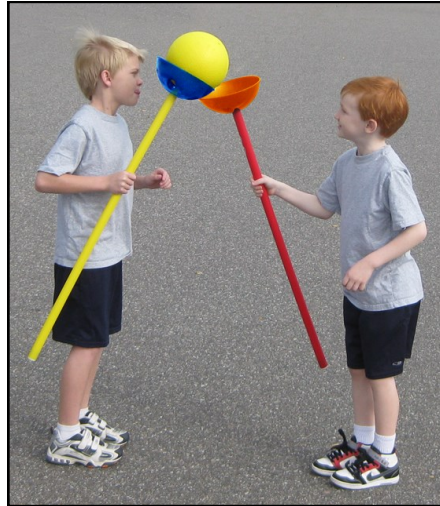
**Instructions:** Snap-together pieces are designed to require a hard push to connect them so that they will not easily come apart. Note that the fit into the Dome center hole will be *purposefully very snug* to keep the attachment secure. Side hole connections are designed to be looser. Curved hoop segments go through and under the Dome side holes to create hoop holders. Experiment to build your own shapes and shape heights.





# Cooperative Play and Ball Activities

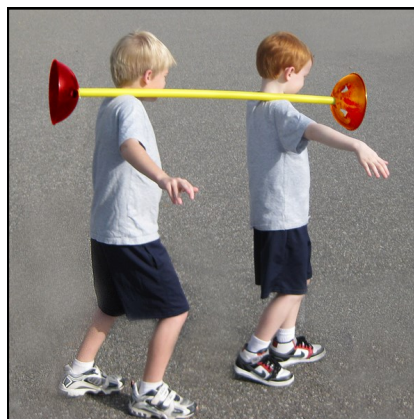
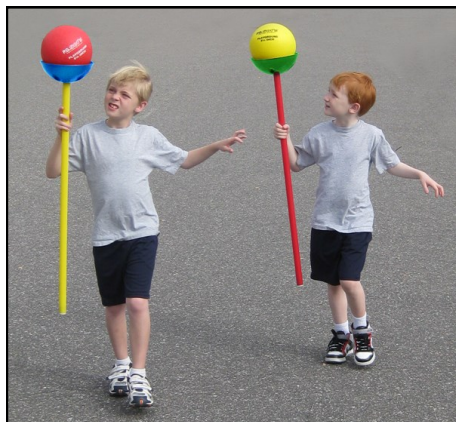
**Instructions:** Insert the poles 1/2" through the Dome center hole to create a large ball or beanbag holder. If the Dome slips along the connection point with the pole, simply apply a few wraps of floor tape above the center hole. Balance objects in Domes, exchange objects in relays, use them as knock-down targets, and as framing perimeters for bouncing/throwing/kicking.





# Body & Hand Balancing

**Instructions:** Insert the poles 1/2" through the Dome center hole to create a large ball or bean bag holder. If the Dome slips along the connection point with the pole, simply apply a few wraps of floor tape above the center hole. Use the Domes as receptacles for objects that can't be "spilled" while moving. The farther the hand is away from the Dome, the harder the balance challenge. Also use poles with Domes on each end as lightweight "barbells" that can be used in cooperative balances.



**"Rainbow-ize" Your Kit Pieces for *Catch-A-Color* Challenges!**

