

## ACTIVITY WRITE-UP 2

**Name of Activity: Ai Chi**  
**Elizabeth Forcellini**

Type of modality	Aquatics
Type of play	Parallel
Interaction pattern	Aggregate
# of participants required	1-10 (Ai Chi can be performed individually or in a group)
Equipment/supplies	NA
Facilities required/environment	A body of water must be present
	Make sure that the participants do not have any open wounds, breathing problems or heart conditions that cannot be monitored while in the water.

### Directions

1. Leader to organize group in pool, and instruct rest of class (not always needed, if done alone)
2. Leader should explain to the group that they should not push themselves to pain, but to feel tension in their muscles
3. Leader should inform group that each individual should be working their body in a holistic, circular manner. They should also have “soft knees” during the whole session
4. Ai Chi movements should be slow and controlled throughout the arms (at water level or below), legs, neck (never hyperextended), and back (never hyperextended).
5. Leader should instruct participants to start with a wide stance, feet and toes pointed slightly out. Arms should be held out in front, palms facing down, with thumbs touching. Participants should bend their knees until their arms are resting on the water’s surface.
6. Participants should then inhale through their nose and turning their palms so they are facing up (body should feel “taller” and rib cage should feel “open”)
7. Participants should then exhale and turn palms facing down, returning to their base position. (#6 and #7 should happen at the same time, and be repeated 12 times.
8. Next the participant will start by repeating the actions done in #6, but when they exhale, their arms should lower in front of their body. Inhale again, turn palms up, and bring them back to the water’s surface. Repeat 5-10 times.
9. The participant will start the next movement by beginning with actions done in #6, then when they exhale (through mouth) they will turn their palms down and let their arms lower to their sides (toward thighs). Inhale again, turn palms up, and bring them back to the water’s surface. Repeat 5-10 times
10. Start with #6, exhale and turn palms down while bringing hands together in front of chest to touch thumbs. Inhale through nose, turn palms up while opening arms out to your sides (should be at shoulder height). Repeat 5-10 times.

11. Begin with #6, then exhale (through mouth) and turn palms down while letting arms lower and cross the body. Inhale, turn palms up and open arms at elbows the sides of the body. Repeat this 5-10 times and then bring body back to base position.

### Activity Analysis

Category	Skills
Primary body position	Standing
Part of the body required	All parts of body required
Movement	Bending, reaching, standing, stretching, swimming, turning or twisting hands or arms
Physical	Balance: Dynamic standing, cardiovascular endurance, crossing midline, flexibility, gross motor coordination, motor control, active range of motion: upper/lower extremities, visual motor integration
Cognitive	Arousal/alertness, attention: focused attention, concentration, initiation, insight, orientation: person/place/time/topographical, organization and planning, spatial operations, strategy, thought: abstract
Social	Interpersonal interactions, maintaining social space, relating with equals, regulating behaviors, relationship: forming, self-expression, social conduct, social cues, showing respect and warmth
Perception	Auditory, tactile, visual
Communication/language	Reception to spoken language, reception to body language, expression of spoken language, producing body language
Self-care	Dressing, toileting, washing/drying one's self
Psychological/emotional (possible)	Joy

### How to Simplify the Activity

One can simplify this activity by allowing a teacher to assist with movements.

### How to Make the Activity More Complex

This activity can be made more complex by gradually incorporating more multistep movements into the Ai Chi sessions, like adding exercises with both upper, lower and trunk motions into one session.

### Other Comments

For this activity, movements were taken from the "Ai Chi, Flowing Aquatic Energy" booklet by Jun Konno and Ruth Sova. This Activity Write Up follows their recommended session plan for someone just starting Ai Chi.