

## Lesson 1 of 6

# Walking

### EQUIPMENT

music with a strong 4-count beat » music player » bean bags » Walking & Wheeling bulletin board » cards listing first five reasons kids should walk

## Warm It Up

### WALK-ERCISE

Instruct students to stand in a personal space.

Explain that the group will warm up by walking creatively and rhythmically, moving arms and legs in time to the music. Start the music and ask students to tap the beat on their legs. When all students have found the beat, invite them to walk in open spaces taking a step with each beat. Encourage students to move arms and legs in creative ways; e.g., swing arms to the side, circle arms and swim the front or back crawl, walk like various animals. Lastly, have students walk with a nice relaxed swing of the arms, forcing their tummy out as they breathe in and tummy in as they breathe out slowly.

### ABCD's of Physical Education



### RELATED RESOURCES

- Ready to Use P.E. Activities for Grades K-2 (LRC# 257180), J. Landy & M. Landy, 1992, [www.lrc.education.gov.ab.ca](http://www.lrc.education.gov.ab.ca)
- Daily Physical Activity: A Handbook for Grades 1-9 Schools, Alberta Education, 2006, [www.education.alberta.ca/teachers/resources/dpa.aspx](http://www.education.alberta.ca/teachers/resources/dpa.aspx)



### Safety First!

See Safety Guidelines pages 11-17.



### Do it Daily...For Life!

|                                     |          |
|-------------------------------------|----------|
| Effort                              |          |
| Safety                              | D(2-3)-3 |
| Goal Setting/<br>Personal Challenge |          |
| Active Living in<br>Community       |          |

### Clues that students are achieving the outcome...

"Students will express a willingness to participate regularly in physical education class" *Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can willingly participate in all learning activities
- Students can state reasons why walking is a good activity



## Whoop It Up

### NATURE WALK IN THE SCHOOL YARD

Before venturing out on a nature walk, introduce and allow an opportunity for students to practice proper walking technique. Include modifications to the description of the walking technique as necessary to address the varying abilities of students; e.g., wheeling technique for students using a wheelchair, cues students can give their peers with visual impairments. **WALK TALL** without slouching, keeping weight directly over your feet; **SWING ARMS** like a pendulum, arm swinging gives you rhythm, balance and power; **WALK HEEL-TOE** by landing on the heel, rolling over the ball of the foot and pushing off the toes; **WALK A STRAIGHT LINE** so that feet point in the direction of travel.

**WALKING TALL BEAN BAG RACES:** Create groups of 3-4 students by assigning each student a number; e.g., students in a class of 30 would be numbered from 1-8 to create 8 groups; 6 groups of 4 students and 2 groups of 3 students. Instruct students to stand one behind the other at a designated start line. Give the first student in each line a bean bag. On the signal to begin, the first student in each line walks to an end line 8-10 meters away while balancing a bean bag on their head and practising the proper walking technique. The goal is to walk tall, swing arms, walk heel-toe and walk a straight line without dropping the bean bag. When students cross the end line, they toss the bean bag back to the next teammate waiting at the start line. Should a student drop the bean bag while walking, they return to the start line and begin again. When all group members have crossed the end line, students repeat the race by walking and balancing the bean bag from the end line back to the start line. Challenge groups to complete the race as many times as possible in a pre-determined amount of time.

**NATURE WALK:** Take students on a nature walk in the school yard or in the community (permission forms may be required when going off campus). Encourage walking or wheeling with proper technique and draw attention to interesting discoveries along the way such as wildlife, plants, trees, leaves, position of the sun, weather and clouds as well as sounds in the neighborhood.



### Safety First!

See Safety Guidelines page 106.



Do it Daily...For Life!

## Wrap It Up

### TEN REASONS WHY KIDS SHOULD WALK OR WHEEL

Gather as a large group near a bulletin board and discuss the first five *Ten Reasons Why Kids Should Walk or Wheel*. Begin a Walking & Wheeling bulletin board by placing the words "WALKING and WHEELING..." in the middle of the board and arranging the first 5 reasons around: Walking and wheeling... gives you energy, makes your heart happy, helps you explore the community, helps you concentrate, and builds strong muscles. The next 5 reasons are explored in lesson 2.