

PHED 1223 – Fundamental Movement – Activity Example

Movement: Walking

Equipment: Music and a device to play the music, and a large open space

Focus: Proper walking mechanics. Refer to the sheet: The Basic Mechanics of walking. Watch the participants carefully as they walk, and give consistent and positive feedback on the successful mechanics of walking.

Description:

Activity #1 – Character Walks

- Twinkle walk (a light and flowing walk on balls of feet with wispy arms and hands)
- Monster walk (stomping feet, large steps, arms big and moving)
- Stick walk (stiff body, arms at side or above head (a bit harder), legs stiff)
- Shuffle walk (feet are barely lifting off the ground)
- Swagger walk (a bit of a body bounce when stepping, swinging arms and hips)
- Airplane walk (walk in an 'S' shaped pattern with arms positioned as wings of a plane)
- Drunk walk (chest forward, tripping over feet, staggering any which way, arms dangling)
- Elephant walk (heavy stomping feet as move forward, position arm as the trunk)
- Soldier walk (straight legs and arms swinging forward and back in a sweeping motion)
- Long stepping walk (extra-large forward strides with swinging arms)
- Backwards walk (walking toe to heel slowly to start – remember to push back off the ball of the foot and keep the hips aligned over the new base)
- Duck walk (crouch down, not bend over, and keep c of g over base as move forward)

Activity #2 – Rhythmic Walking

- Clap (in front, overhead, either side) every step/every other step – increase to double clapping, snapping, or clap/snapping
- Same as above except bend the knee as take step
- Incorporate thigh slaps, side slaps, shoulder slaps, butt slaps, foot slaps, knee slaps, ...
- Mix up the number of steps and slaps to create a rhythmic routine

Increase the Difficulty:

- For Activity #1: Work in partners and have the 'doer' close their eyes – the partner has to watch carefully to maintain their partners safety
- Start with only 2 or 3 steps and increase from there
- For Activity #2: Increase the difficulty of combinations and movements