







# WALKING

Siúl



Target Pupil								Comments
<p><b>Head</b> up, stable in line with the spine and eyes looking forward</p> 	Head							
<p><b>Arms</b> swing in a small natural arc in opposition to the feet</p> 	Arms							
<p>Step with <b>toes</b> facing forward</p> 	Legs							
<p>When planting the <b>foot</b>, use a heel to toe action</p> 								
<p><b>Knees</b> should bend slightly when the foot touches the ground</p> 								
<p>Good <b>posture</b> with body straight, walk tall.</p> 	Trunk							

Hints	What instructions should I give?	From where should I observe this skill?	What equipment do I need?
	Walk to the cone in a relaxed manner. It is not a race.	The side for the arm swing and foot plant and slight knee bend. The front for the feet, head and eyes.	Cones, whistle.