

WALKING

Siúl









	EXPLORATION	DEVELOPING	MASTERING
Legs	<ul style="list-style-type: none">• Feet are too close or too far apart• Toes tend to be turned either in or out	<ul style="list-style-type: none">• Stride length is inconsistent	<ul style="list-style-type: none">• Toes face forward and stride length is consistent
Arms	<ul style="list-style-type: none">• Arms tend to swing excessively and are held out from the body to help balance	<ul style="list-style-type: none">• Arms swing in opposition to the legs but are still a little stiff	<ul style="list-style-type: none">• Arms swing naturally in coordination with the opposite leg
Action	<ul style="list-style-type: none">• A bouncy or uneven walking action	<ul style="list-style-type: none">• The walking pattern is more even	<ul style="list-style-type: none">• The walking action is smooth and even
Head	<ul style="list-style-type: none">• The head is too far forward	<ul style="list-style-type: none">• Posture is still incorrect, with the head falling forward and body not straight	<ul style="list-style-type: none">• Good posture is evident with the head up and body straight

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

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PUPIL ASSESSMENT: PEER OBSERVATION

My name is:

Class:

My partner's name is:

Date:

Today we are looking at the skill of: **Walking**



Looks good



Needs more practice

My partner needs to:

It:

1 Step with toes pointing forwards



2 Swing arms in opposition to their legs



3 Keep their head up and eyes looking forward



4 Bend their leg a little when their foot touches the ground



5 Hit their heel off the ground first and then their toes



Pupil's Comments:

Teacher's Comments:

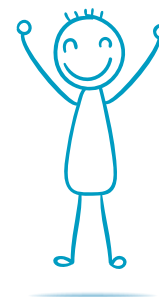
PUPIL ASSESSMENT: SELF-ASSESSMENT

My name is:

Class:

My challenge is:

Date:



What steps do I need to take to get there?

What I want to do next:

3

2

1

What I can do now:

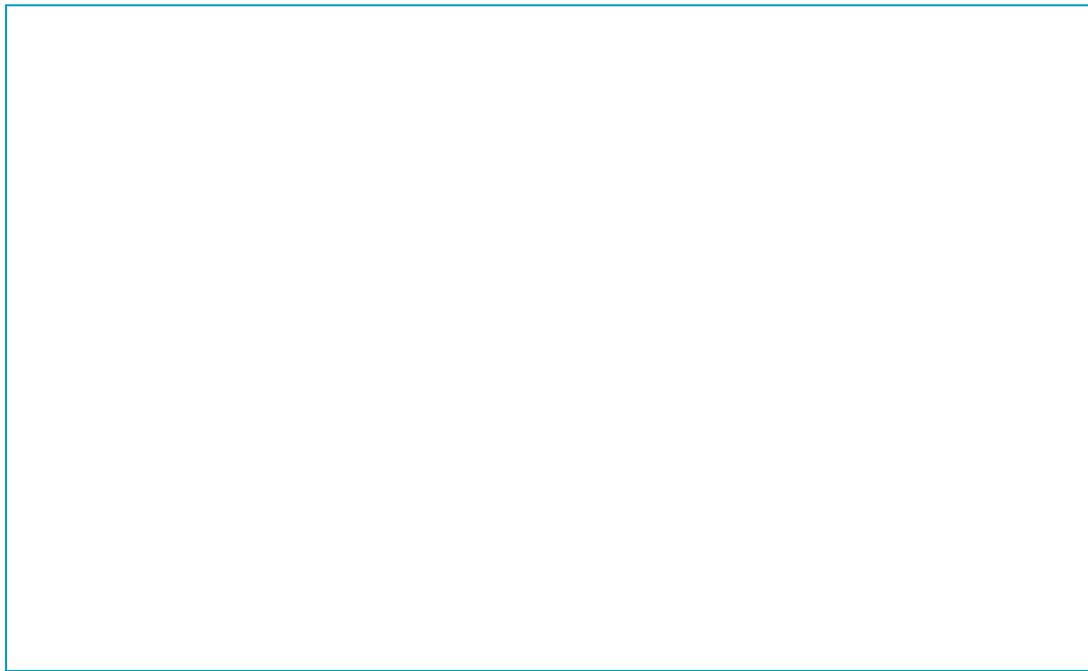
Teacher's Comments:

SELF-ASSESSMENT FOR INFANT CLASSES

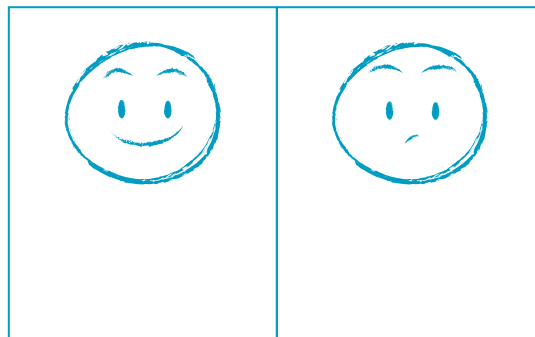
My name is:

Date:

Here is a picture of me walking.

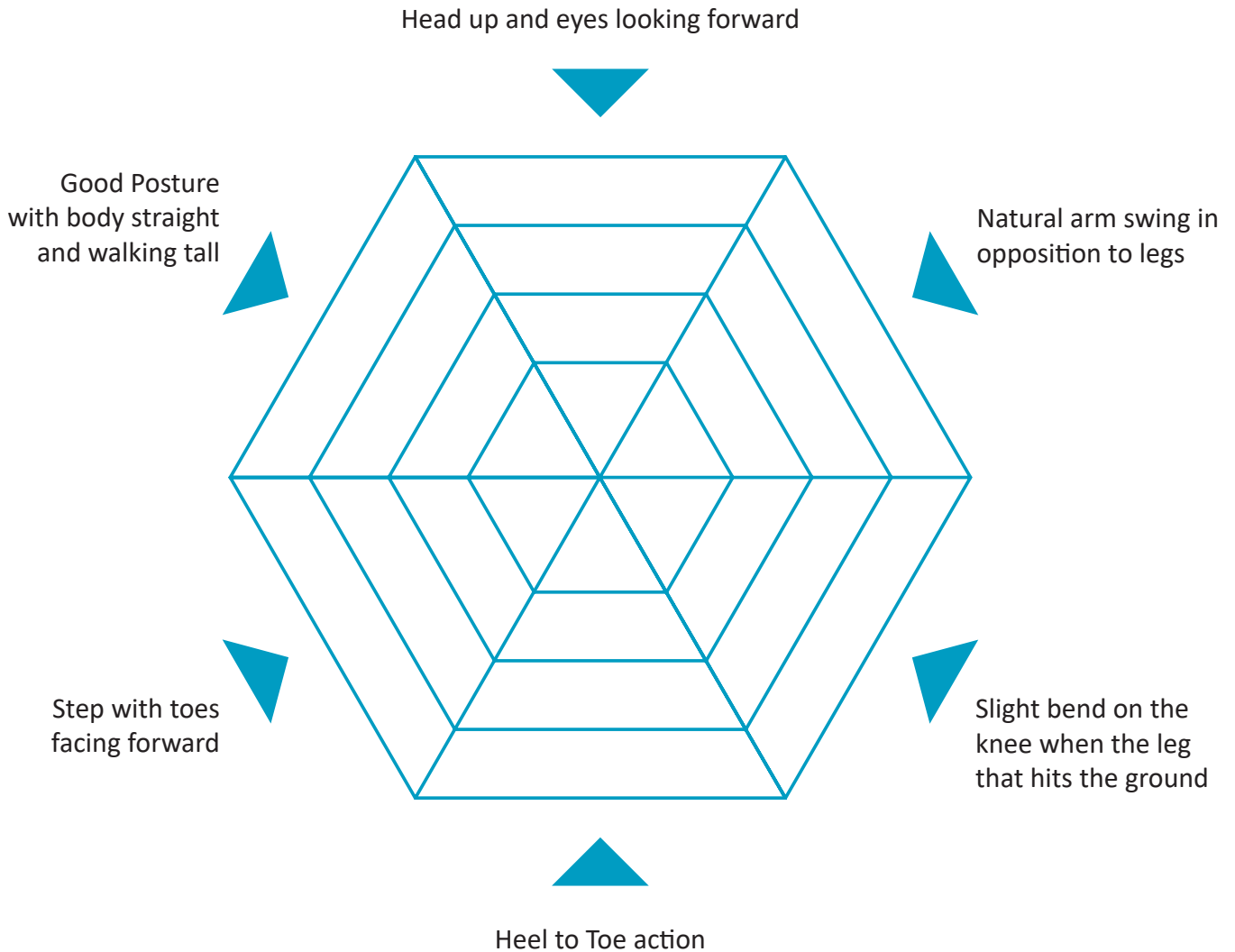


How did this activity make you feel?



Teacher's Comments:

PUPIL ASSESSMENT: SELF-ASSESSMENT WEB



1. I don't think I can do this

2. I can do this but I find it hard

3. I can do this most of the time

4. I can do this all of the time

Pupil's Comments:
While attempting this skill, I felt:

Teacher's Comments:

Rate your effort level:
Light Moderate Vigorous