

# TEACHING POINTS FOR WALKING



Maintain good posture with body straight, walk tall, head in line with the spine and looking forward



Arms swing in a small natural arc in opposition to the feet



Step with toes facing forward



When planting the foot use a heel-to-toe action



Knees should bend slightly when the foot makes contact with the ground



## Introducing the skill of walking

Try to walk...	Effective questions
• forwards	<i>What are your eyes looking at?</i>
• backwards	<i>How are you looking where you are going?</i>
• sideways	
• without moving your hands	<i>What are your hands used for?</i>
• without bending your knees	<i>How much should your knees bend?</i>
• tall like a giraffe	
• small like a mouse	<i>Which is better, how tall should you be?</i>
• on your toes only	
• on your heels only	<i>What feels comfortable, can you use both?</i>
• in slow motion	
• as fast as you can without running	<i>What happens to technique?</i>
• like a robot	
• along a line	
• in a circle	
• with correct technique	<i>Let's put it all together!</i>



This teacher-led exercise encourages guided discovery and allows pupils to identify the correct technique. Effective questioning can help to guide pupils in their learning.

# EXTERNAL CUES

## WALKING



Teaching Point	External Cue
Maintain good posture by keeping the body straight and walking tall	<b>Show off the crest on your jumper</b>
The head should be in line with the spine and eyes looking forward	<b>Look at the window on the school wall</b>
The arms swing in a small natural arc in opposition to the feet	<b>Imagine air is blowing your arms lightly</b>
Toes are always facing forward during each step	<b>Imagine a laser is pointing out of your toes and lighting the way</b>
When planning the foot, use a heel-to-toe action	<b>Imagine painting the ground with your heel first, then your toe.</b>
The heel touches the ground first and then the toes	<b>Paint your heel red, toe yellow. Walk red, yellow, red, yellow</b>
The knees should bend slightly when the foot makes contact with the ground	<b>Walk on the spongy floor</b>

# TEACHER OBSERVATION

## Common errors and feedback

Common Errors <i>Éarráid Choitianta</i>	Feedback <i>Aiseolas</i>
Looking down when walking	Head up, walk tall
Left arm swings with left leg and vice versa	Opposite actions, right arm swings with your left leg and left arm swings with your right leg
Ball of the foot making first contact with the ground	Walk using a rolling action from heel to toe

## Walking Rubric

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

# IDENTIFYING THE STAGES OF DEVELOPMENT

## Exploring Stage

### *Tréimhse taisceálaíochta*



At this stage, pupils practise the skill of walking through exploration and experimentation. Characteristics of walking at the exploring stage:

- bouncy or uneven walking action
- arms tend to swing excessively and are held out from the body to help balance
- feet are too close or too far apart
- toes tend to be turned either in or out
- head is too far forward.

## Developing stage

### *Tréimhse forbraíochta*



At this stage, pupils practise walking at different speeds, levels and directions on their own and with others. Characteristics of walking at the developing stage:

- walking pattern is more even
- arms swing in opposition to the legs but are still a little stiff
- stride length is inconsistent
- posture is still incorrect, with head falling forward and body not straight.

## Mastering stage

### *Tréimhse Máistirithe*



At this stage, pupils should be able to master the skill of walking. Walking with rhythm and efficiency should be evident and applied in a variety of contexts. Characteristics of walking at the mastering stage:

- walking action is smooth and even
- good posture is evident with head up and body straight
- arms swing naturally in coordination with opposite leg
- toes face forward and stride length is consistent.