

Take Home Walking (Book 2)

1. Play Speed Up/Slow Down in the yard at playtime with your friends.
2. In your PE journal, write down a fun and safe walking activity we can complete as a class to move from one area of the school to the other.
3. Play this game at home. Perform similar actions for particular cues e.g. when you see a family member, complete five star jumps, and when you hear a phone ringing, walk forwards three steps etc.
4. In your PE journal, draw a picture of the Elephant Walk activity.
5. Play Switch, Change, Rotate in the yard at playtime with your friends.
6. In your PE journal, draw a picture of you walking in a crowded place.