

Walking and Running

Walking

Walking is the transfer of weight from one foot to the other while moving forwards or backwards. One foot is always in contact with the ground, and the arms swing freely in opposite directions. Walking is an important travelling locomotor skill and is used in everyday activities like walking to school, in sports (e.g. athletics and marching) and in play and dance activities.

Running

Running is like walking except there is a period of suspension when both feet are off the ground at the same time. The skill of running includes jogging, sprinting, chasing, dodging and evading. All of these are important to many games (e.g. tag), sports (e.g. athletics) and everyday activities (e.g. running to get to school on time).

Walking and Running Activities (Under 5s)

- **Musical hoops** – Put hoops down on the floor, enough for 1 each per child to start with. Put music on and children dance around – or set a different locomotion each time. When the music stops children jump into the closest hoop. Each time the music starts again more hoops are taken away. Eventually children have to start squeezing in with other children and sharing.
- **Whistle stop** – Children walk around freely, trying not to touch others. On the whistle children freeze on the spot. Vary locomotion each time.
- **Movement from A to B** – Make two points and between them do different locomotor movements; giant steps, small steps, running, turning while walking, heel to toe, jumping, hopping, tip toeing, crawling, rolling etc.
- **Traffic Lights** – Have three large cardboard circles (one red, one green, one orange) for the traffic lights. The children pretend to be cars driving around.

Green light = run quickly in the area

Orange light = march slowly and carefully

Red light = stop immediately and jog on the spot

- **Vehicles** – Teacher names a type of vehicle. The children then move around imitating that vehicle; bike, crane, train, helicopter, car, bus, boat etc.
- **Cars** – Put children in pairs. The child at the back is the driver and they put their hands on the front child's shoulders. Both children walk around with the driver steering and changing direction. Swap over.
- **Motor bike game** – Driving around and when whistle blows or stop is called out children have to stop with a jump and land. Key points to remember are to have feet shoulder width apart, knees slightly bent (sitting on a bike) and landing as quietly as possible. Ideally the landing should be held for 3 seconds.
- **Tail Chase** – Get children to tuck a scarf into their pocket or band of pants/skirt, so that it is hanging out as a tail. Children now have to try and catch other children's tails, while trying to move around and keep theirs safe. To start with once a child takes another child's tail encourage them to hand it back so they can continue playing. To make it a little harder change the locomotion – children have to jump to try and get others tails.

- **Silly Walks** – Get children to make up silly walks and then have a go at each others.
- **Textured Pathways** – Create a different textured pathway for them to walk along in bare feet- cut into different shapes and use a range of colours to get their language going.
- **Can you walk...?** Forwards, backwards, sideways, diagonally; slow, fast; tall, small, middle-height;, on toes, heels; with small/long steps; in a circle, in a zigzag, on a line; changing direction; making shapes, letters, numbers; with your elbow, head, bottom leading; like a soldier, ballet dancer etc.
- **Spirals** – Everyone holding hands in a line. Leader walks inwards so that the circle gets smaller and a spiral is formed. Once the centre is reached, turn around and lead in the opposite direction.
- **Dodgems** – Each person holds a ball or frisbee in front like a steering wheel. Walk around without touching the other players in the square.
- **Slow 'n' go** – Walking around in the space. On whistle change to a jog. Next whistle change back to a walk.
- **Scarf Stamp in Locomotion** – Ask the children to get into pairs and one of them put a scarf into the edge of their sock or shoe. They then have to run away and the other chases them and tries to stand on the scarf. When the scarf has been stood on, the second child puts it in their sock and runs away to be chased.
- **Beanbag relay** – Place hoops about 5 metres apart. Put all the beanbags in one hoop. Ask the children to pick up one beanbag at a time, run and drop into the other hoop, then return and pick up another.
- **Happy hats** – Have hats (cones) spread around the area, some the right way up and some lying down. Split the group into two. One group are the 'goodies' and are to turn the hats the right way up, the 'baddies' are to knock them down. Only use hands to knock over.
- **Chasing Rainbows** – Put different coloured or shaped beanbags (you could use any objects that have a range of colours/shapes) in the middle of the floor. Get the children to run around the outside. Call a colour or a shape and the children have to go and pick that beanbag up and then continue running.