

# PS.1: Walk Kiddies

# ACTION

## Key Development Focus:

Walking is a basic locomotor skill. It is important to guide children from a young age into the correct posture and walking style. Hand feet coordination, placement of feet, body postures need to be observed.

## Props & Equipment:

Skipping ropes, Marked pathway (1), Bean bags, Soft balls, Poles of the flexi poles, Balance beam, Hula Hoops

## Learning Outcomes:

Correct walking posture: Feet should be pointing straight, Hands and legs should move in opposition, Body should be straight. Developing the correct walking posture at a young age is important because several issues in the older ages are related to wrong body posture which puts a lot of strain on the spinal cord. Hopping develops transfer of weight from one leg to the other and helps in learning to balance.

## Safety Tips:

Ensure that play space is clear of unnecessary and dangerous objects

## Walking Skill and Variations:

- Stand in correct standing posture. Correct posture should be as follows:
  - Point toes straight ahead; Hold tummy in and chest up;
  - Keep back straight; Stand up tall and show your good posture.
- Walk with feet on either side of the rope or poles
- Walk along the marked pathways
- Walk with toes pointing inwards
- Walk with heels pointing inwards
- Walk on toes
- Walk on heels
- Walk with bean bags on the head
- Walk holding a ball in front
- Walk holding a ball over the head
- Walk with right foot on the balance beam and left foot down.  
Walk back with left foot on the balance beam and right foot down.

## Hopping Skill and variations:

- Hop from one leg to the other – slow and then fast
- Hop from hoop to hoop with the same leg
- Hop high reaching for a high held ball
- Hop keeping arms straight out on the sides, in front, straight down, straight up
- Hop with both feet using arm swings

