

# 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 (5 - 12 year olds)

The development of running skills can be done through a variety of games. These include tag games and relays. All running games can be adapted to use a variety of other locomotor skills.

**Follow the Leader** is a favourite for warming children up. Have children in small groups of 4 -5. Vary the leader and the locomotor skill at regular intervals.

**Stuck in the Mud** is another favourite which can easily be varied. For example: to free a tagger, instead of crawling through the legs – run around the person twice and high five them. You can also vary the travelling locomotor skill.

**Buzz Off** is played like Stuck in the Mud, but when a player gets tagged they have to stand there and scratch like they have been bitten. To get free, two people have to go up to them, touch hands over them and say buzz off.

**Blob Tag** – page 141 Kiwidex. Two children join hands and staying connected try to tag others. When a person is tagged, they join the blob. Once there is a “blob of 4”, the blob breaks into 2 groups of 2 and they continue tagging until everyone is joined to a blob.

**Fast Cars** – page 36 FMS Manual. This is a variation on the popular game of Midnight. The children form a circle and are given a car name (eg Holden 1, Subaru 1, Holden 2, Subaru 2 etc). When a car name is called out children race around the circle and “park” back in their original spot.