

GOALS: Walking Backwards & Sideways

Gross Motor Skills
 Coordination
 Dynamic Balance
 Listening Skills
 Focus / Attention
 Body Awareness

Skill Development	Instructions	Exercise
<p>Gross Motor Skills use the large muscles in the body for balance, coordination, reaction time, and physical strength so we can do bigger movements, such as walking, running and jumping.</p> <p>Coordination = the ability to perform smooth, accurate, and controlled motor movements.</p> <p>Balance = how well we use our vestibular system (inner ear), our eyes (vision) and our proprioception (the feedback we get through our feet).</p> <p>Body Awareness = the ability to recognise where your body is in space.</p>	<p>Use the Centre Line to guide you.</p> <p>Walk from the word BOTTOM to the word TOP.</p> <p>Start in the BOX.</p> <p>Stand with your feet shoulder width apart.</p> <p>Hands relaxed by your side.</p> <p>Look straight ahead.</p> <p>Listen to instructions in full and only start moving when I say GO!</p>	<p><u>Walk Backwards:</u></p> <ul style="list-style-type: none"> • Start in the box. • When I say GO! turn around and walk backwards. • Walk from the bottom to the top of the mat. • Turn around and walk back to the bottom. <p><u>Walk Sideways:</u></p> <ul style="list-style-type: none"> • Start in the box. • Turn sideways. • Keep the middle of your foot on the Centre Line. • Side step to the top of the mat (leading with your right foot). • Side step back to the bottom of the mat (leading with your left foot). • Repeat, but keep your toes on the Centre Line. • Repeat, but keep your heels on the Centre Line.

Feedback / Notes
