

**Resources:**

Bell/tambourine, mats, spots

**Objectives:** I can

**M.F.** Walking

**WALT** – We are learning to walk in a variety of direction and a variety of different speeds

**WILF** – What I am looking for is for you to walk confidently, at different speeds, changing direction and swing your arms

**TIB** – This is because development of your gait is an important locomotion skills to create a travelling style that is both rhythmic and controlled.

## Nursery

## Lesson 1

Activities	Coaching Points
<p><b>Activity 1:</b> Walking in different styles, speeds and directions  <b>The school bell</b> (bell/tambourine)            Using a small mated/marked area in the centre of the space collect pupils together and inform them that they are standing in their school and how important it is that when the school bell sounds they need to quickly be inside school. Ask pupils to walk around the space off the mated area but when they hear the bell they must quickly get inside the school.            Variations</p> <ul style="list-style-type: none"> <li>• Introduce different speeds – quickly, slowly</li> <li>• Introduce different directions – backwards, forwards, sideways</li> <li>• Introduce different styles – like a giant, princess, silly, soldier, high knees</li> <li>• Use the rhyme ‘I went to school one morning and I walked like this’ with pupils quickly getting inside the school with the last line ‘All on my way to school’</li> </ul>	<p><b>Walking stance</b>            Chins up – looking for ‘good’ spaces to walk in to.            Encourage pupils to swing arms and keep their heads up</p>
<p><b>Q.</b> How were you walking quickly or slowly?  <b>Q.</b> Were you looking carefully for spaces?</p>	
<p><b>Activity 2:</b> Walking in different directions  <b>Teacher’s magic finger</b> (tambourine, spots)            Pupils continue to walk around the space with heads up looking for good spaces. Upon command pupil freeze, pupils are released by teacher touching them with their music finger.            Variations</p> <ul style="list-style-type: none"> <li>• Teacher releases them to walk backwards</li> <li>• Teacher releases them to walk sideways</li> <li>• Teacher releases them to walk forwards to one of the spots</li> </ul>	<p><b>Walking stance</b>            Chins up – looking for ‘good’ spaces to walk in to.            Encourage pupils to swing arms and keep their heads up  <b>Backwards/Sideways</b>            Turn head to look where you are going.</p>

<p><b>Activity 3:</b> Walking forwards following somebody  <b>In and out the dusty children</b> (spots)          Pupils make a circle using spots with space in between. Teacher leads using the song 'In and out the dusty children' walking in and out of pupils until end of song line and then tap pupil on shoulders and allow them to lead through the pupils.</p>	<p><b>Follow my leader</b>          Practice following the pace of the leader</p>
<p><b>Cool down:</b> Walking sideways  <b>Ring a ring a roses</b>          Pupil create a circle holding hands and walking sideways pupil sing the song 'Ring a ring of roses' with pupils falling to the floor. Continuing the song with 'Down at the bottom of the deep blue sea' and jumping up on three.</p>	<p><b>Walking sideways</b>          Keep feet inside shoulder          Don't bring feet together</p>
<p><b>Success Criteria (I can...)</b>          1. Walk forwards with my head up          2. Change my walking from fast to slow and swing my arms          3. Walk forwards, backwards and sideways with confidence.</p>	<p><b>Main Coaching Points</b>          Chins up looking for 'good' spaces          Heads up and swing arms</p>
<p><b>Evaluation</b></p>	<p><b>Points for next lesson</b></p>

**Song – I Went to School One Morning**

I went to school one morning  
 And I walked like this  
 Walked like this, walked like this  
 I went to school one morning  
 And I walked like this  
 All on my way to school

**Ring Game – In and Out the Dusty Children**

In and out the dusty children  
 In and out the dusty children  
 In and out the dusty children  
 Will you be my leader?

Tippy, Tappy, Tippy on my shoulders  
 Tippy, Tappy, Tippy on my shoulders  
 Tippy, Tappy, Tippy on my shoulders  
 You will be my leader