As they develop Locomotor

Walking

Walking is the most fundamental travelling action and as such forms the basis of many other locomotor actions.

1. Stand with feet together, facing forwards
2. Stand up straight and 'Trap the Mouse'
3. Keep the head up and eyes focused forwards
4. Step forwards with heel leading and moving onto balls of the feet to push off into the next step
5. Swing arms in opposition to legs, keeping them relaxed and close to the body
6. Movement is continuous – as one foot lands, the other leaves the floor so there is always one foot in contact with the floor



Opportunity to develop:

Coordination - Control - Spatial awareness

Physical Development Area of Learning - contributes to 'Personal' and 'Adventurous and physical play' skills sections

If you see...

Observation	Likely cause	Solution
Falls forward	Action insufficiently coordinated	Walk supported by a wheeled toy
Sits down	Knees remain bent	Hold hands to assist the action
Wobble	Insufficient body strength to coordinate action	Practise crawling

Safety!

Ensure...

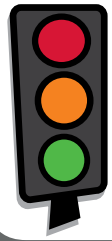
the surface is free from sharp objects
children keep heads up
the activity is built up gradually

As they develop Locomotor

Walking

Can you see...?

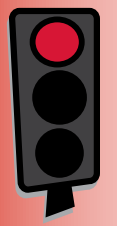
- the child's feet facing forwards? ☐
- the child's head up and eyes focused forwards? ☐
- the child's back is straight, performing 'Trap the Mouse'? ☐
- the child's heel leading? ☐
- the child pushing off the balls of their feet? ☐
- the child's arms relaxed and swinging in opposition to legs? ☐
- the child walking in a continuous movement with one foot always in contact with the floor? ☐



mostly x's

✓ and x

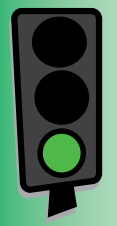
mostly ✓'s



- Practise crawling on hands and knees
- Practitioner assists by holding child's hands
- Walk pushing a wheeled toy
- Walk from object to object



- Walk along a narrow path
- Walk on apparatus
- Walk as quickly as possible
- Walk over other children laid on the floor



- Walk backwards and sideways
- Walk up and down an inclined bench
- Walk around an obstacle course
- Walk on uneven ground
- Walk on different surfaces









- Walk along a line, in different directions and at different speeds, then in response to a range of cues
- Walk along a narrow straight balance beam – forwards, backwards, eyes closed, in response to a range of cues
- Walk along a narrow curving balance beam – forwards, backwards, eyes closed, in response to a range of cues
- Walk performing different actions at the same time, for example lifting knees, raising heels to bottom, lift knee to touch opposite elbow,, throwing and catching a ball, etc.
- Walking using combinations from above

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