

## OVERVIEW

<b>DURATION</b>	5 mins
<b>AGES</b>	2 - 8
<b>PACE</b>	2.80 - Moderate walk
<b>RPE</b>	3.0 - Moderate
<b>MILES RATING</b>	0.23
<b>STAGE(S) OF ATHLETIC DEVELOPMENT</b>	Active Start (Age 0-6)
<b>SKILL LEVEL</b>	Beginner, Intermediate
<b>DEVELOPMENT FOCUS</b>	<b>Fundamental Movement Skills:</b> Locomotor
<b>ENVIRONMENT</b>	Classroom, Corral, Field, Gym, Hallway
<b>CAN BE USED AS...</b>	Game / Activity, Warm-up
<b>SHAPE America Standards:</b>	<p><b>Standard #2: The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.</b></p> <ul style="list-style-type: none"><li>• S2.E1 Movement concepts: Pathways, shapes, levels</li></ul>

Participants try walking in different ways based on the instructors description of their adventure walk.



- Ask the participants to imagine a variety of surfaces they could walk on. Encourage both real and imaginary surfaces that could be walked on.
- Challenge the participants to demonstrate how they would walk on each surface.
- Surfaces might include: bubble gum, trampoline, through mud, in quicksand, along a rainbow, on the moon, on grass, on ice, etc.
- As a new surface is introduced, have the participants try moving as if they are on that surface, and then get a new surface to walk on.