

**TASK ANALYSIS**  
**Walking**

SKILL: Walking Technique

VISUAL DESCRIPTION: Learn the proper walking technique to avoid injury and increase walking speed.

**MOVEMENT SEQUENCE**

**VERBAL CUES**

- |  |                       |
|--|-----------------------|
| <b>1. *Heel contact at 45 degrees</b>          | <b>Heel first</b>     |
| <b>2. Toes point straight ahead</b>            | <b>toes forward</b>   |
| <b>3. Push off of toes</b>                     | <b>Toes</b>           |
| <b>4. * Back straight. Shoulders over hips</b> | <b>Stand Tall</b>     |
| <b>5. *Swing arms in opposition to legs</b>    | <b>Use arm motion</b> |
| <b>6. Keep hands relaxed</b>                   | <b>relax hands</b>    |
| <b>7. * Eyes focus approx. 15 ft. in front</b> | <b>focus ahead</b>    |
| <b>8. _____</b>                                | <b>_____</b>          |

**\* 4 Most Critical Points.**

**COMPLEXITY VARIABLES**

LEARNER: students feel they already know how to walk; exaggerate to draw attention or ridicule

SKILL: Continuous cycle

ENVIRONMENT: can be performed indoors or outdoors. Variety of courses and activities to challenge all levels

**CHECKLIST:**

Student	Heel first	Stand tall	Swing arms	Eyes focused ahead
1				
2				
3				
4				

Modifications for special needs students: concentrate on activity parts they can do. Arm use in wheelchairs; standing as tall as possible