

Wall Walk

Teaching Points

- Place soles of your feet flat against a wall or wall bars or climbing frame
- Perform a front support position so that your body is straight
- Keep your hands flat and fingers spread
- Look at your hands
- Slowly and with control walk your feet up the wall or wall bars or climbing frame
- Keep head in line with body
- Trap the Mouse to keep your body straight
- Carefully walk your feet back down the wall to return to your starting position

Questions

- How many steps can you take?
- How few steps can you take?



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Adapting the Activity

Enable

- Practise front support position
- Practise lifting feet onto a bench or box top from Front Support position
- Play Wheelbarrow Tag
- Play Sleeping Camels

Challenge

- Try to walk your feet up so that your body forms a 45° angle with the floor
- Try to walk your hands closer to the wall, to enable your feet to move higher

Health, fitness and well-being

- Strength*
- Body Tension*
- Core stability*
- Co-ordination

