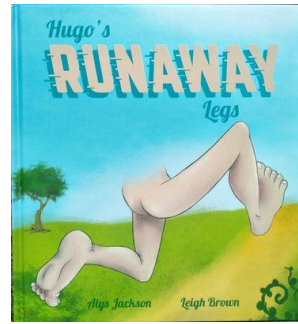


1. Walking is a *Super-duper superpower!*



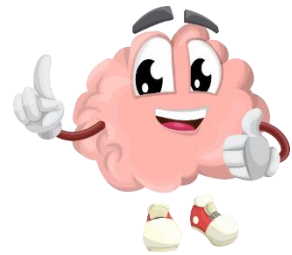
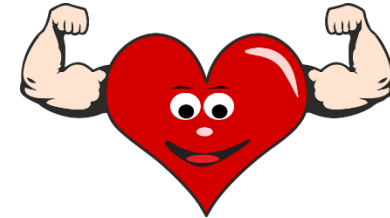
Walking is good for you. And it saves the environment. During **October**, Walking SA is encouraging us all to get fit and have fun! Have a go at the following 6 activities to earn **2 hours** in your Passport to Learning. Show the completed activities to your in-school coordinator.



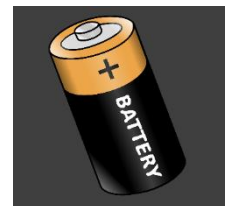
1. Match the images to the walking super power.

Walking:

- makes my brain work faster
- builds my muscles
- helps me sleep
- gives me energy
- makes my heart stronger
- builds my bones
- makes me fitter and more flexible
- makes me feel happy
- protects me from illness



Can you think of anything else?



2.Walking Keeps us **Healthy** and **Happy**!



Walking really is a superpower. Not just walking. Any activity that gets us moving. In my picture book, **Hugo's Runaway Legs**, Hugo was so lazy his legs ran away! Can you create a poster for Hugo? A poster that helps him find fun ways to keep active! Here are some of my ideas.



Design and try a ninja course!



Play balloon volleyball!



Spring like a deer!



Have a crab walking race!



Create a dance routine!



Go for a short walk!

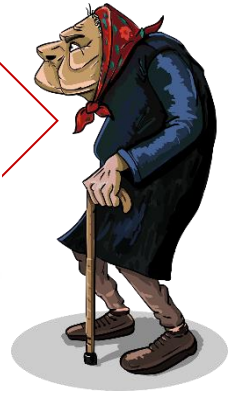
3. How do *Animals* Move?



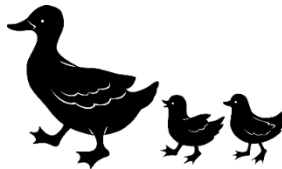
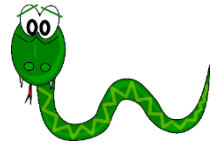
Animals move in many different ways. Have a look at the words below.

These are all verbs (doing words) that describe movement. Can you match the verbs to the animals? Can **you** practice moving like each of the animals?

What do you call a walking stick that makes grandma walk faster?... A hurricane.



- Scuttle
- Crawl
- Slither
- Hop
- Tip-toe
- Charge
- Prowl
- Lumber
- Strut
- Bound
- Trot
- Waddle





4. Ninja Course.

Create a ninja course at home. Try and use every word in the box! Draw the course below then try it out. Better still, get your friends to have a go.

JUMP	SPRINT	CRAWL	BALANCE	HOP
PUSH	OVER	UNDER	THROUGH	BACKWARDS



Balance across ...



5.Design a Map?

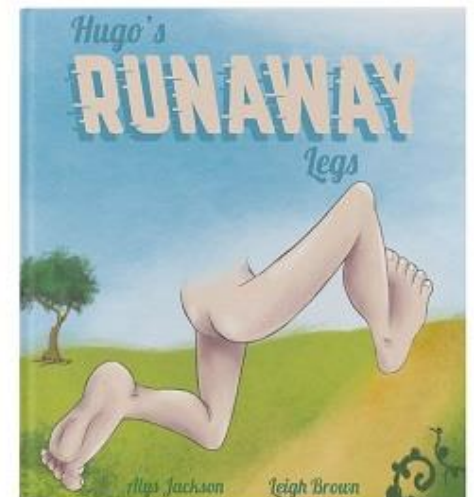


Go for a walk and design your own map!

For this activity you will need to:

1. Find a place to go for a walk. **Don't forget to ask an adult first.** There are lots of walks to choose from. Walks to see wildlife. Walks beside beaches. Walks in spooky, haunted forests (OK, I made that one up). Walks with views. Long walks and short walks. My legs are getting dizzy just thinking about it!!
2. Take a notebook and pencil with you and polish your eyeballs (just kidding) so you REMEMBER EVERYTHING!
3. Go for your walk.
4. While you still remember your walk (I forget everything) design your map.

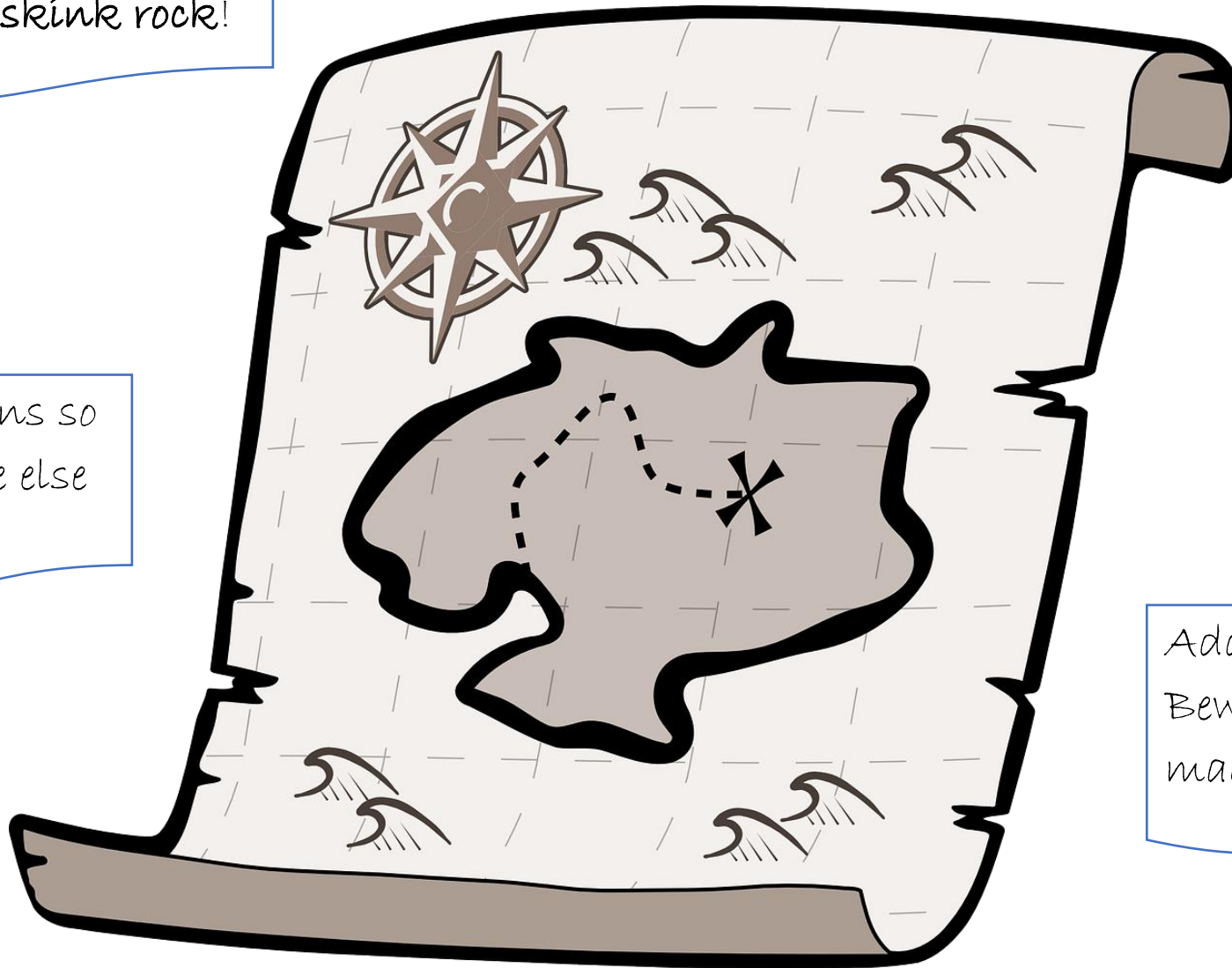
Did you know? Walking sideways burns more calories than walking forward! WEIRD!



Give your map a name

Add points of interest
like: **Dead skink rock!**

Use real place
names or make
up your own!



Give directions so
that someone else
can use it.

Add **warnings!**
Beware swooping
magpies.



6. Create a Flip Book?



You will need:

A blank pad of paper (small but thick is best)

Pencil

Eraser (unless you draw better than me)

TIP: Flipbooks work better if you flip them from bottom to top.

INSTRUCTIONS

1. Start on the **last page** of the pad.
2. Maybe start with only 20 pages.
3. In the bottom right hand corner, draw a standing stick figure.
4. Trace the stick figure.
5. On the next page draw the traced figure. Make the arms and legs move VERY slightly.
6. Trace the last picture you drew.
7. Draw the traced figure with slight changes to the arms and legs.
8. Keep going until you decide you can't go on or you have to go and eat or it's too dark to see...
9. Flip the pages and watch your stick figure come to life!

If you use a pencil, you can adjust the figure. Once it's PERFECTO, add colour. Or a hat.

