These activities are age-appropriate for seventh-grade and eighth-grade girls, although boys may be included as well. A period of 42 minutes is required to complete the activities below. Students are evaluated on the “doing” of the activity.

The following is from Prusak and Darst (2002), and it involves walking as physical exercise.

Every Which Way But Loose

Materials needed: 4 cones with a sign at each corner determining the choices for the types of walking

1. Brainstorm the benefits of walking.
   - it is inexpensive
   - it is not skill dependent
   - it can be used throughout the lifetime for fitness
   - it can be organized as an individual activity, as a social activity, as a game-like activity, or as a competitive activity

2. On the field, mark a large rectangle with cones.

3. This activity allows students to walk in a variety of ways and get a variety of benefits.

4. Explain and demonstrate the types of walking:
   - Forward for the quads and the hamstrings
   - Backward for the gluts, the hamstrings, and the hip flexors
   - Grapevine step (slow) for the inside and the outside of the thighs, the abdominal, and the obliques
   - Skipping for the quads and the calves
   - Slide to the side (10 slides facing one direction, then switch) for the inside and the outside of thighs, and the calves
   - Gallop (10 gallops with one foot forward, then switch) for the gluts, the quads, the hamstrings, and the calves

5. Set a sign at each corner with the locomotor movements indicated.

5. Students continue for 25 minutes.

6. For maximum benefit, form is more important than pace.