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| **RECIPROCAL TASK SHEET 1: PACING YOUR STEPS** |

**Doer:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Observer:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Timer:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Directions:** Work in groups of three. Doer: Find a landmark in the area and pace your steps to that point. Observer: Watch the posture of doer and give feedback. Timer: Write down the time it takes the doer to get to the landmark. Rotate roles**.**

List the landmark: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Steps needed to reach landmark: \_\_\_\_\_\_\_\_\_\_\_\_ Time to travel to landmark: \_\_\_\_\_\_\_\_\_

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| Posture evaluation | Yes | No |
| Head up facing forward |  |  |
| Shoulders straight (back as sometimes stated) |  |  |
| Back upright and in good alignment |  |  |
| Knees extended to 70 degrees on each stride |  |  |
| Foot strikes ground in heel toe motion |  |  |
| Medium size steps used to get to landmark |  |  |

**High five your partner on completion of the task.**

***http://downloads.clipart.com/20308303.wmf?t=1281849554&h=3f6ad26b21a46839e5486f03302a4552&u=ccasten***