

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: _____

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.

