

Dual Walker-Group Walker

Item #7724 & 1228



- **Overview.** Dual Walkers and Group Walkers reinforce teamwork, coordination and communication! Walk by using hand ropes to lift boards - without any binding foot straps. Dual Walkers accommodate two persons stepping in unison; Group Walkers allow six to play. Walkers can even be tied together to form trains! Made of wood tops and stiff foam bottoms.

What Are the Educational Applications? Promotes teamwork and team building. Teamwork and cooperation activities are an important component of any level in Physical Education. When teaching these types of activities an important component of discussion is communication. Students focus on working in unison, rather than competing against each other. In this manner the entire group can feel a sense of accomplishment. Likewise, when students work together without arguing, it becomes a life lesson on the value of working collaboratively with others.

- **How Can I Use This Product With My Students?**

- **Where:** Can be used indoors or outdoors.
- **Age:** The wonderful thing about this product is that 6-year-olds to adults can use it!
- **Group Size:** From 2 - 6
- **Basic Skills Needed:** Does not require a high physical skill ability level or sports-related skills.
- **Other Info:** The equipment is close to the ground, therefore, beginners and younger users won't get hurt. There are no straps to bind feet and cause twisted ankles.

The Games/Activities

- **Activity #1: Walk 2gether**

- a. **Objective:** Dual Walker 101
- b. **How to Play:** Have two students at a time use the product to walk in a straight line from a starting area to a finish line.
- c. **Extensions:**
 - For an extra challenge, have students turn around without getting off and come back to the start from the finish line. This can be done relay style with two students at a time going down and back;
 - Or pairs can be at opposite ends and go back and forth until all pairs have walked to the opposite side from where they started.

- **Activity #2: Six on Two**

- a. **Objective:** Group Walker 101
- b. **How to Play:** Have six students at a time use the product to walk in a straight line down from a starting area to a finish line.
- c. **Extensions:**



- For an extra challenge, have students turn around without getting off and come back to start from the finish line. This can be done relay style with six students at a time going down and back;
- Or groups can be at opposite ends and go back and forth until all groups have walked to the opposite side from where they started.

• **Activity #3: Obstacle Course**

- Objective:** Maneuver through different obstacles.
- Set Up:** This is for the more advanced users, because it requires moving in other directions besides forward.
- How to Play:** Create an obstacle course where students need to work together to turn the boards to maneuver through different obstacles such as cones.
- Extension:** Time one group of students from start to finish and then time them again to see if they have learned a better way to cooperate with their teammates. Note: Please stress that the safety of the students is more important than their time.

• **Activity #4: Disability Sensitivity**

- Objective:** Perform any of the activities mentioned above, but with a twist. Give students an awareness of what it is like to have a disability by taking away the use of a body part.
- Set Up:** Instruct students in the group to figure out a way to adjust, so the “disabled” student can still participate. Students should be supervised at all times during these activities.
- How to Play:** Show students how to modify an activity when there is a blind child who wants to participate. Blindfold a student while the other participants are not. The other students should describe everything that is going on in detail for the blindfolded child.
- Extension:** Tie a participant’s arm in a sling so he or she only has one arm to use. Have the student behind that person hold two ropes on the side with the missing arm.

• **Safety Issues & Concerns**

- Make sure students are paying attention and body parts are not under or in the way of walker.
- Check ropes to make sure handles are securely attached.
- Check ropes to make sure they are securely attached to boards.

Meets These NASPE Standards

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

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Please direct your questions or concerns regarding this product to the appropriate office listed below between the hours of 8AM-6PM Eastern Time

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