



WALKING ACTIVITIES

Walking is a great way to keep
healthy and active.

Here are a few activities you
can try when you are out walking.



In association with:



Thanks to walx.co.uk for their input
on these cards



Animal WALX 1

To do these activities, you will need space and somewhere that is not too busy to try these out.

An open space is a good place to do this.

Flamingo balance

- Flamingos take long steps and often hold one leg up, bending their knee in and stand like that.
- Try walking 10 steps, stop, stand on one leg and bend your knee in towards you.
- Try to count to 10 before putting your foot down again. This is good for your balance.

Tip - Hold your arms out to the side to help you balance.



Animal WALX 2

To do these activities, you will need space and somewhere that is not too busy to try these out.

An open space is a good place to do this.

Secret Squirrel

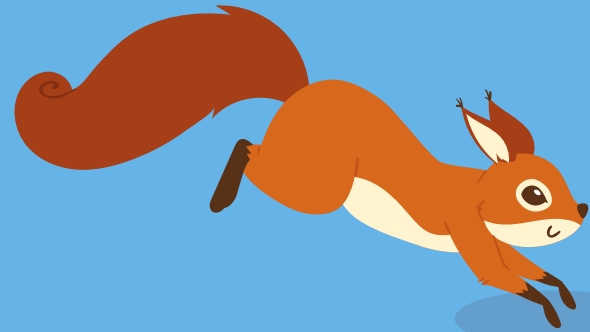
- Squirrels are very fast and light on their feet. Try walking on the front half of your feet.
- Then zigzag 3 steps to your left and then zigzag 3 steps to your right, then repeat this.
- This is good for your movement and fitness levels.

Tip - Try it a few times, then have a rest, then try again.

Challenge yourself further:
Why not try running?



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Animal WALX 3

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Kangaroo Jumps

- Kangaroos are famous for jumping to get round Australia.
- Try standing with your feet shoulder width apart and take 3 jumps forwards. Swing your arms to help you jump.
- Start with 3 jumps. If you can keep going work your way up to 10 at a time.

Tip - The more you bend your knees, the further you can go.

Challenge - See how far you get, can you beat it next time?



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WALKING CHALLENGES

If you want to challenge yourself and raise your heart beat you can try these:

Move More

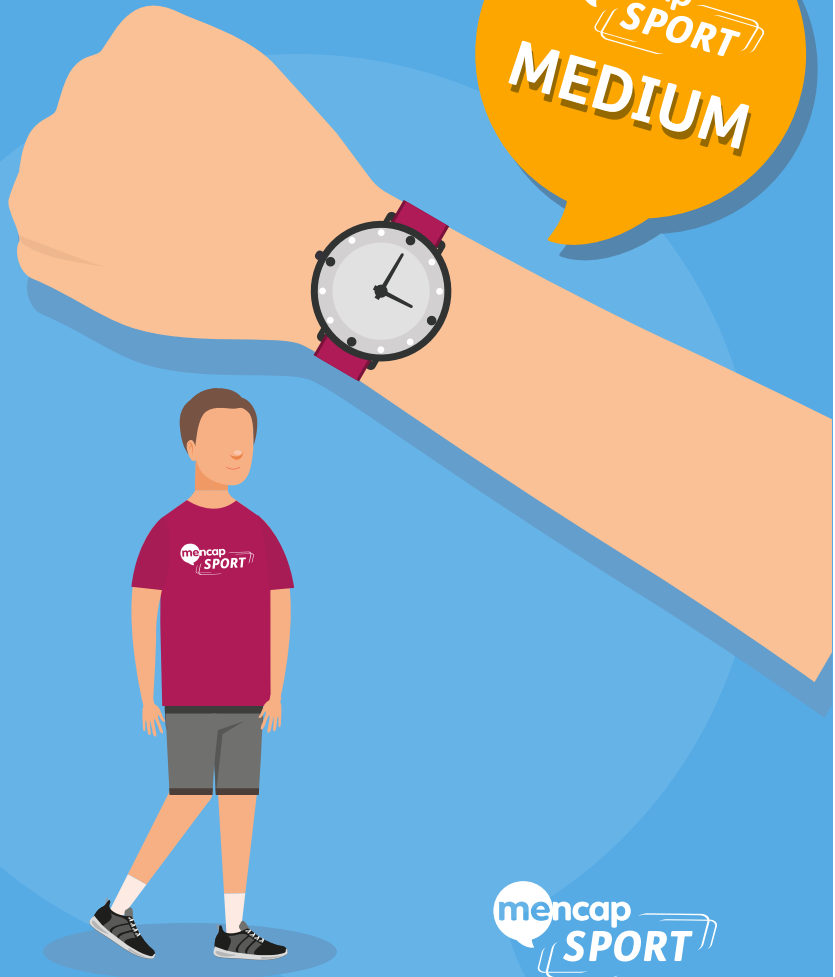
- To get even more from your walk try pushing off from your toes.
- When you walk, swing your arms more, you could bring them up to your shoulder height.

Go Faster

- Try to walk quicker by moving your legs more and swinging your arms.

Go Further

- See if you can walk a little further or go for longer each time you go out walking.
- You can use a watch or if you have a phone you can time yourself. Why not add 2 minutes each time.

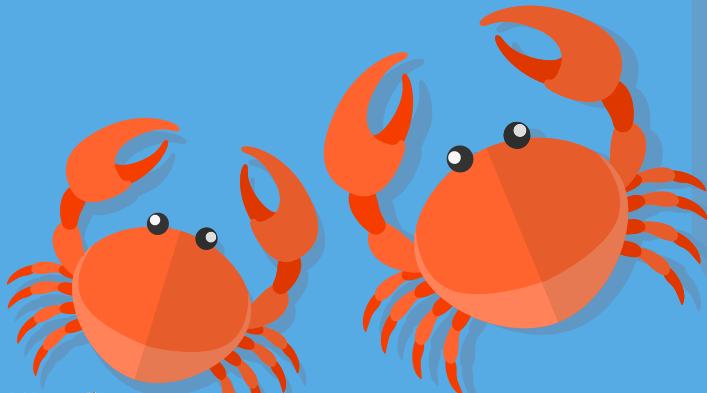


WALKING CHALLENGES

Here are some fun exercises you can do when you go out for a walk. You can do these as many times as you want.

The lamp post challenge

- Change your speed each time you walk past a lamp post.
- Walk at your normal speed and then when you get to a lamp post try walking as fast as you can until you get to the next lamp post. Then try to walk really slowly to the next one.



Giant steps

- Imagine that you are a giant.
- Try taking 10 big long steps forwards, stretching your leg as far as it can go.

Crab walk

- Imagine that you are a crab. Your legs need to be just wider than your shoulders and your knees bent a little.
- Try taking a big step sideways, you can still use both feet. Then stand up straight, then take another big step sideways in the same direction.
- Try this 10 times, then have a rest.



WALKING BINGO (COUNTRYSIDE)

To have fun when you are walking, why not see how many things you can spot.

If you are walking with other people, split the items between you and see who can finish first.

Do not forget to shout 'Bingo' when you have found them all.

Tractor ☐

Sheep ☐

Cow ☐

Rabbit ☐

Crow ☐

Dog ☐

Cat ☐

3 types of tree ☐ ☐ ☐

5 different coloured flowers ☐ ☐ ☐ ☐ ☐

Aeroplane ☐

Bird ☐

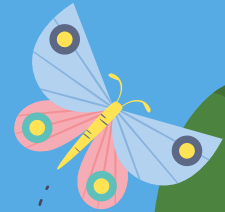
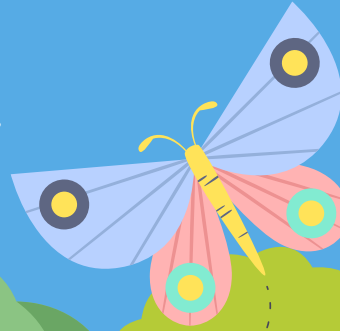
Horse ☐

Road sign ☐

Footpath sign ☐

Butterfly ☐

Bumble Bee ☐



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WALKING BINGO (TOWN AND CITY)

To have fun when you are walking, why not see how many things you can spot.

If you are walking with other people, split the items between you and see who can finish first.

Do not forget to shout 'Bingo' when you have found them all.

Postbox ☐

Bus ☐

Telephone box ☐

Bicycle ☐

Motorbike ☐

Taxi ☐

Police car ☐

Ambulance ☐

Aeroplane ☐

Zebra crossing ☐

Traffic light ☐

School ☐

Bus stop ☐

Church ☐

3 types of trees ☐ ☐ ☐

A pretty flower ☐

5 different coloured cars ☐ ☐ ☐ ☐ ☐

White van ☐

Pigeon ☐



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