

Big Pedal 2021

# Swagger up your style



Today we're walking, waddling and wiggling our way through the day.

## Why walking?

Walking is such a great way to get about. It's not expensive and it gives you time to connect with the world around you.

Get your day off to an active start with this fun activity.

## Instructions

1. Plan your walking route. For example; around your bedroom, around your house, from your front door to your back door, around the garden or out exploring your local area with a family member.
2. Now for the fun part! Put some magic into your steps by skipping, hopping, jiving, jumping, sauntering, swaggering, waddling, wiggling and walking backwards to complete your route.
3. What other walking styles can you think of? Can you come up with one of your own?
4. Why not recreate how different animals move to complete your route? Stomp slowly like an elephant, prowl like a tiger and crawl like a crocodile.

## Let's get mathematical

1. Count how many footsteps it takes you to complete one lap of your route. Keep track of how many times you complete an entire route.
2. Multiply these numbers together to calculate the total number of footsteps you have taken.
3. Can you convert this into miles? There are approximately 1,000 steps per half a mile.

Why not get your family members to join in and put your steps together so you can reach even further? Where could you go with your collective footsteps?



### What you'll need:

- Your best swagger
- A piece of paper
- A calculator

