ACTIVITIES

- **Locomotion** refers to moving from one point to another, whether it’s skipping, jumping, jogging or running. When locomotion is required, single-leg movements are best as this trains both sides of your body equally and will reduce imbalances as we all have one more naturally dominant side. Functional training therefore includes lots of single-leg movements designed to enhance functional movement patterns. Locomotion is the act of moving from place to place by means of one's own mechanisms or power. Locomotion in human beings is the result of the action of the body levers propelling the body.

- [Walking Correctly](https://youtu.be/B9jt4d_828g)
- [Basic Phases of Running Gait](https://youtu.be/GBG90AIPGdg)
- [Warm Up](https://youtu.be/dB5W4LZf0JU)
- **Activity**
  - **Pick up feet & walk straight. Do 3 sets of 8.**
  - [https://youtu.be/cZGV7SMPAIU](https://youtu.be/cZGV7SMPAIU)
  - **Shuffle Left. Do 3 sets of 8.**
  - [https://youtu.be/cZGV7SMPAIU](https://youtu.be/cZGV7SMPAIU)
  - **Backwards Walk. Do 3 sets of 8.**
  - [https://youtu.be/cZGV7SMPAIU](https://youtu.be/cZGV7SMPAIU)
  - **Single Let Squat. Do 3 sets of 8.**
  - [https://www.youtube.com/watch?v=Npz-kOxdy9I](https://www.youtube.com/watch?v=Npz-kOxdy9I)
- **Cool Down**
  - [https://youtu.be/dB5W4LZf0JU](https://youtu.be/dB5W4LZf0JU)

ASSESSMENT:

Answer the following questions and submit them via a word document. Title the document by course name. Student name. Student ID and class period.

1. What are the five keys to walking?
2. Please list the steps of the gait cycle.
3. How will you improve your gait?

SUBMIT YOUR QUESTIONS IN WORD APA STYLE TO THE TEACHER BY 4/12/20 AT 8PM FOR NEXT TIME: