

Crab Walk

This activity helps you to think and move as well as helping you develop timing and organization.

Step 1. Crab walk - not same

Sit on the floor, bend your knees so that your feet are flat on the floor in front of your. Place your hands on the floor, slightly behind your body, so palms are flat and fingers point toward your feet. Use your arms to lift your bottom off the floor. The greater part of your body weight will now be on your hands.



While in this position,

1. Lift your left foot and right hand off the floor **at the same time** moving them slightly forwards (thus taking a small step forwards). Place the left foot and right hand back down on the floor **at the same time**.
2. Now lift the right foot and left hand off the floor **at the same time**, moving them slightly forwards and placing them back on the floor **at the same time**.
3. Continue this movement forward taking small steps, lifting opposite arm and leg at the same time and landing at the same time.

Crab walk, moving opposite arm and leg at the same time, walking

1. Forwards.
2. Backwards.
3. Sideways.
4. In a circle.

Your goal is to crab walk in any direction moving opposite arms and legs at the same time.

Step 2. Crab walk, not same, to a beat

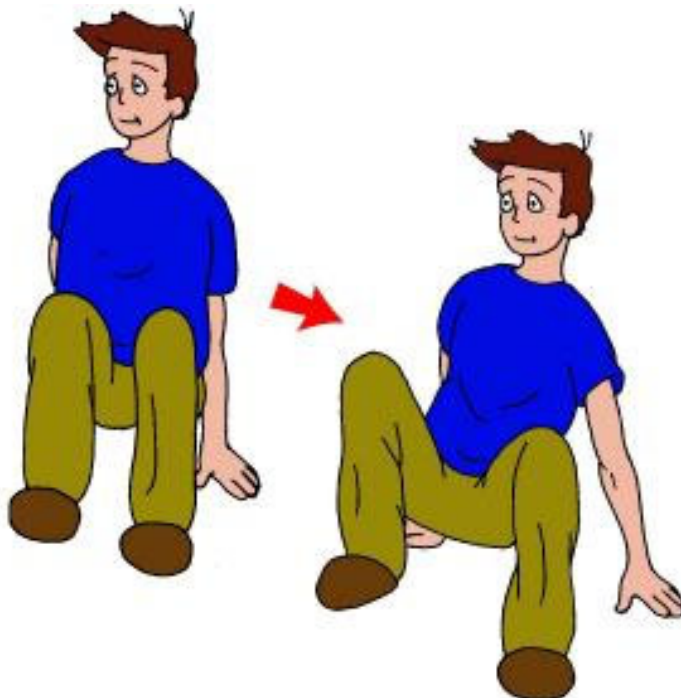
Click on '**beat**' at the top of this screen. Now do the crab walk in time to the beat, so you move opposite hand and foot at the same time the beat clicks. When this is easy in any direction, forwards, backwards, sideways or in a circle, your helper will call the direction they want you to move. Your goal is to change the direction in which you are moving on the **next** beat.

Your goal is to walk in the not-same, pattern in time to the beat changing direction on command.

Step 3. Crab walk – same

While in the same position on hands and feet,

1. Lift the left foot and left hand off the floor **at the same time** taking a small step forward and putting the hand and foot back on the floor **at the same time**.
2. Lift the right hand and right foot off the floor **at the same time**, moving them slightly forwards and placing them back on the floor **at the same time**.
3. Continue this movement forward taking small steps, lifting the same arm and leg at the same time and landing at the same time.



Crab walk, moving the same arm and leg at the same time, walking

1. Forwards.
2. Backwards.
3. Sideways.
4. In a circle.

Step 4. Crab walk, same, to a beat

Click on '**beat**' at the top of this screen. Now do the crab walk in time to the beat, so you move the same hand and foot at the same time the beat clicks. When this is easy in any direction, forwards, backwards, sideways or in a circle, your helper will call the direction they want you to move. Your goal is to change the direction in which you are moving on the **next** beat.

Your goal is to walk in the same, pattern in time to the beat changing direction on command.

Step 5. Crab walk, same/not same, to a beat

Always do the crab walk in time to the beat. Start crab walking only in the forwards direction. Your helper will call how they want you to move, eg same, then after several beats, they will say, not-same. Your helper will continue to tell you to change from same to not same allowing different number of beats between their commands to change. Your goal is to change the way you are moving on the **next** beat.

Now try changes of direction as well as changes of pattern from same to not same. Instructions might be. Forwards, not same, pause, sideways, same, pause, backwards, same...etc. Try to change so the pattern of movement or direction of movement is changed on the next beat.

Your goal is to walk in the not-same, same, not same... etc pattern in time to the beat changing your pattern of movement on command.