

Stepping Arrows

Directions are really important and it's easy to get mixed up, especially 'b's' and 'd's'. This is the first of a series of activities that will help with directions. Here arrows will be a code to move in different directions.

Step 1. Follow the arrows

Put the arrow chart on the floor in front of you. If the arrow points:

1. **Right** - step sideways, to the right. The right foot steps to the right followed by the left foot so that both feet end next to each other.
2. **Left** - step sideways to the left. The left foot steps to the left, followed by the other foot.
3. **Forwards** - step forwards. One foot steps forward, followed by the other foot.
4. **Backwards** - step backwards. One foot steps backwards, followed by the other foot.

Stand about 1 metre in front of the chart and read through the arrow chart from left to right, row by row, stepping according to the direction of each arrow.

Step 2. Follow the arrows and point your arms

Now you have to move arms in the direction of each arrow as you step. If the arrow points:

1. **Right** - point the right arm to the right while the right foot steps sideways to the right. The left foot follows and the right arm is lowered to the side
2. **Left** - point the left arm to the left while the left foot steps to the left. The right foot follows and the left arm is lowered to the side.
3. **Forwards** - point both arms forwards, while stepping forwards on one foot. The other foot steps forward and arms are lowered.
4. **Backwards** - point both arms backwards, while stepping backwards on one foot. The other foot follows and both arms are lowered.

Remember to put the arm, or arms, back by the side before doing the next step.

Read through the arrow chart from left to right, row by row, stepping and moving arms in the direction of each arrow.

Step 3. Follow the arrows in time to a beat

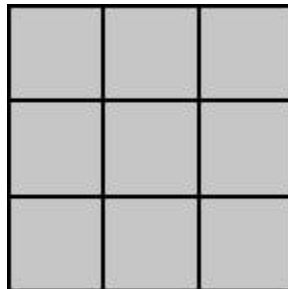
Click on '**Beat**' from the menu at the top of this screen. Read the arrow chart again, but now step in time to the beat. Try this at first without moving arms. After some practice, try moving arms as well, while stepping in time to the beat. Allow a beat between each step to move arms back by the sides and to move the other leg. E.g. 1st beat - step and move arm, 2nd beat - move arm back to side and move the other leg, 3rd beat - step and move arm, etc.

Step 4. Arrows and boxes

Turn off the beat by clicking on '**Beat**' again. Make a grid of 3 X 3, 30cm squares on the floor. Draw it on a large piece of paper or light coloured material or use carpet tiles as shown.

Always start in the **middle** square and step into the other squares according to the arrow chart, without landing on any lines. You need to look down at the grid, to make sure you land in the square then back to the arrow chart to see which way to step next.

Try this in time to a beat; click on '**Beat**' to turn the beat on again.



Step 5. Where will I go?

Use the 3X3 grid on the floor, starting in the middle square. Now you have to tell your helper which square you will be standing on after you have made 3 steps. Give your helper your answer then follow the arrow chart for 3 steps to check if you are correct. Where will you be standing after 3 more steps?

Keep telling your helper where you are going to be after each 3 arrows until you have finished the chart.

Can you now tell your helper where you will be standing after 4 steps? Work through the chart again telling your helper in advance where you will be standing after each successive 4 steps as you follow the arrow chart.

Arrow Chart

