

# Marching

Areas of perception that are addressed by these exercises:

1. Auditory Memory
2. Visual Memory
3. Sensory Motor Integration
4. Motor
5. Locomotion
6. Directionality
7. Laterality
8. Contact
9. Sensory Perception

## The Forward March

Marching is different than walking. Marching is a vigorous walk where your feet and knees are lifted higher than in a regular walk. While you march, swing your arms across your body while keeping your movements smooth and rhythmic. It sounds simple, but it is more difficult than you think to be able to do it fluidly.

Do this marching activity daily for a distance of about 50 feet.

## The Backward March

This is the next level of difficulty. Marching backwards involves the above areas of perception at a higher level. Do NOT do this until you master the MARCH activity!

### **Tips for marching backwards:**

Look over where you will be marching backwards to be sure there are no objects in the way. It is helpful to line up on a fixed point and keep that point in your sight to keep you on a straight course. This activity should be done for a distance of about 20 feet.

