**Physical Education and Math – Silly Walks**

We are going to do physical education and math together today. First, please watch this video about silly walks. Watch the silly walks that the main character does. Can you copy them?

<https://www.youtube.com/watch?v=eCLp7zodUiI>

Try walking around your house or outside using some of the silly walks.

Make up your own silly walks.

Do you get tired when you do these walks?

Now you are going to measure a distance using different walks. Pick a starting point and an ending point.

Measure the distance from the starting point to the ending point using:

* your regular heel to toe walk that you have used before
* now use one of the silly walks
* try a different silly walk

Which one used the most steps? The least steps? Why?