**Title: Moving on my feet**  
  
**Type: clil poster, athletics, warming-up**  
  
**Lesson Goal:** **learn difference between walking, jogging, running and sprinting**

Created by: **ThePhysicalEducator.com**

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**The Moving On My Feet Poster & Puzzle was designed to help my students compare and contrast walking, jogging, running, and sprinting based on each skills important keys, speed, level, and force.**

**Although the poster provides a side-by-side overview of the four skills, the puzzle can be used to create student-led discussions as they compare and contrast the differences between each skill. Doing so helps students dive deeper into their understanding of the critical elements and movement concepts that make up each skill.**

**You can learn more about how I use the Moving On My Feet resource in my blog post “Comparative Thinking In Physical Education”:** [**https://thephysicaleducator.com/2020/01/25/comparative-thinking-in-physical-education/**](https://thephysicaleducator.com/2020/01/25/comparative-thinking-in-physical-education/)

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You can find the puzzles on the next pages.

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