

Power Walking

Gap fill exercise

A few minor _____ to the way you

walk will allow you to easily make the

_____ from a regular walker to a

power walker. Power walking calls for the pelvis and hips to

_____ freely so that the legs can _____ out,

followed by a clear rolling heel-to-toe motion as you move

forwards. Also, a strong arm _____ gives a compact

and smooth body, allowing you to move well.



changes

shift

movement

move

stride

Make up sentences that include the words below.

Walking

Movement

Power Walking

Gap fill exercise



A few minor _____ to the way you walk will allow you to easily make the _____ from a regular walker to a power walker. Power walking requires the pelvis and hips to _____ freely so that the legs can _____ out, followed by a pronounced rolling heel-to-toe motion as you move forwards. Also, a strong arm _____ gives a compact and streamlined body, allowing you to move _____ and efficiently.

adjustments

transition

movement

rhythmically

move

stride


Make up sentences that include the words below.

Transition

Rhythmically

Power Walking

Suffixes

 A suffix is letter or group of letters added to the end of a root word to change its meaning or to make a new word.

Look at the words below

move moves moved moving movable immovable

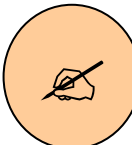
What they all have in common is the stem or root, **mov(e)**

move **moves** **moved** **moving** **movable** **immovable**

For example: **root word** + **suffix** = **new word**

move + ed = moved

walk + ing = walking

 Look at the list of words below and write the root word and the suffix separately. The first one is done for you.

word	=	root word	+	suffix
freely		<u>free</u>	+	<u>ly</u>
changing		_____	+	_____
striding		_____	+	_____
movement		_____	+	_____
allowed		_____	+	_____
efficiently		_____	+	_____
pronounced		_____	+	_____
rhythmic		_____	+	_____
easily		_____	+	_____