



Skill Levels – stilt walking (strap on stilts)

Walking on hold on stilts, this is potentially dangerous and the teacher needs to understand the skill and risk. We recommend knee pads.

Pre-skills break down the skills for juggling into smaller bite sizes. See explanation of these pre-skills at the end. Tick if child passes level.

Basic

walk on stilts, head shoulders knees and toes, demonstrate how to fall.

Intermediate

Swivel, clap and stamp, do another skill while doing stilts.

Putting on stilts and kneepads.

Advanced

Demonstrate higher stilts, how to help someone walk on stilts.

Running, hoping, (on grass)

Pre-Skills

P 1	Walk on stilts with someone holding both hands in front of them	
P 2	Walk on stilts with one person holding one of their hands, beside them	
P 3	Shown and has a go at falling onto knees, using a gym mat (be careful not to tense back)	
P 4	Understand how to fall sideways or backwards,	

Basic

B 1	Walk on stilts and be stable	
B 2	Can do heads, shoulders, knees & toes!	
B 3	Can effectively demonstrate falling onto knees on mat and talk through falling in other directions, awareness of safety and what else is going on in room.	

Intermediate

I 1	Swivel, clap, stamp	
I 1	Can do another skill while stilt walking	
I 2	Can do own straps and knee pads.	

Advanced

I 1	Demonstrate higher stilts	
I 2	Help teach someone to stilt walk.	
I 2	Do another skill whilst stilt walking.	
I 3	Make a stilt walking costume or demonstrate 3 tricks.	