



Brightwater Site

A Way of Moving Brightwater Lesson Plan

Objectives Students will be able to understand the movement of animals
Students will be able to move like an animal
Students will be able to understand the theory of animal tracking

Coyote Walk and Attunement

This will teach students that there is more out there than they take notice of only because they have trained themselves to not notice this kind of environment.

Start in a round bunch, everyone facing outward. Everyone pick a random place on the horizon and walk forward at your normal pace for 20 seconds. Stop. Take a deep breath and relax. Turn around and walk a fourth as fast on the way back but as you walk slowly count down from 15, becoming more relaxed with every number and see if your relaxed state reveals more about your surroundings.

Students should notice what they didn't see on the way back.

Animal Role Play

This will get students to think about how and why different animals move.

Cougar: Hind foot is placed in the front foot mark (register) Evening or early morning Hunt by themselves Diagonal walkers

Fox: Indirect register Nocturnal Very efficient hunter Stalk and then pounce Diagonal walkers

Rabbits: Nocturnal Gallopers

Beaver: Nocturnal Pacers

Weasel: Bounders

Bear: They bring their whole foot down (plant grade walk) Omnivore Pacers

Deer: Press sharply into the ground - excellent hiders Diagonal walkers

Diagonal walkers: Dogs, cats, deer. Moving limbs on opposite sides of the body at the same time, like a baby.

Pacers: Bear, skunk, beaver. Move both limbs on one side at the same time.

Bounders: Weasel, long bodied, short limbed. Reach out with their front feet and bring their back feet in behind them, like a sewing machine needle.

Gallopers: Rabbits, mice. Push off with their back feet, land with their front feet and their back feet come past their front feet.

Learn the Fox Walk

The other reason that animals can do what they do is that they move differently than we do. How do they move?

A fox is a very confident, energetic mover. They moved one foot in front of the other. First Nations Peoples wanted to move like the animals so they learned to walk like a fox. There are stories of an Apache to run three hundred miles nonstop! This type of movement is healthy and quiet.

- Hold your body upright instead of forward to maintain balance and so that you can stop quickly
- Look at the horizon instead of the ground and let your feet be your eyes
- Short strides, and feel the ground
- Come down on the outside of your foot, rolling inward before committing your weight (imagine you have a bowling ball inside your legs)
- Lift your feet with your thighs; don't push off with your calves

Teach the foot placement, then the body positioning, and finally how to walk

Fox walk through terrain

Feel the trail and uneven ground with your feet. Soft soled shoes would be best.

Fox Run

Hold arms close to the body and don't swing your upper body, guide no bounce

Weasel Sneak

Same as the Fox Walk but you are crouched and you walk a little more on your toes. You shift your thinking, you are now a hunting animal, and you move a little slower and smoother. Let's see who can go the farthest.

Touching Animals or Classmates (14 students)

Pick 4 students to be deer and 10 students will be predators. The deer will be in the middle of the circle about 3 feet apart and the predators will be 10 feet away. Start. The predators will move closer trying to get close enough to attack, and steal the tail. The deer will be blindfolded and will try to listen for the predators. If they hear and point at the predators they must start 10 feet away again. At every stop each predator must take one step back. Create better predators and smarter deer to adapt to the skill of the students. (Hunt in packs)

Stalking Form (Standing)

To give the students the skills to stalk and to show them how hard it is.

A way of moving through the woods undetected. Watch a cat move and stalk; it is part of its environment.

- Keep your eyes on the animal. Make your body compact. Avoid sudden movements
- Bend your knees slightly hands on your thighs
- Point your toes as you lift your foot as not to catch anything
- Point your toes down as you lower your foot
- Touch the outside of your foot rolling inward across the ball of your foot
- When you have found a safe place lower your heel and your toes
- Only when you have your entire foot on the ground do you shift your weight
- Glide forward
- Never pivot your foot, turn it as you place it on the ground
- Relax

Staking Chess

Pair up and pick one person to be the prey and another to be the predator. Both students pick a spot about 10 feet away from each other. Prey is blindfolded and predator can change his position within that 10 foot radius. They each take turns moving one step in any direction, until one finds the other. Switch.

Talk about these possibly

Disappearing

Camouflage

Tunnel vision

Night Sit

Blindfolding

Tracking and Making Tracks

Think about how animals move and what that tells us about them. What do your tracks tell us about you? Make some of your own tracks and look at the different aspects of those tracks.

1. Toes, claws, Shape
2. Gaits
 - Diagonal walkers: Dogs, cats, deer. Moving limbs on opposite sides of the body at the same time, like a baby.
 - Pacers: Bear, skunk, beaver. Move both limbs on one side at the same time.
 - Bounders: Weasel, long bodied, short limbed. Reach out with their front feet and bring their back feet in behind them, like a sewing machine needle.
 - Gallopers: Rabbits, mice. Push off with their back feet, land with their front feet and their back feet come past their front feet.
 - As animals change speed they change gait.
3. Length and Width
4. Animal Highways and Signs
5. Pressure Releases
6. Aging