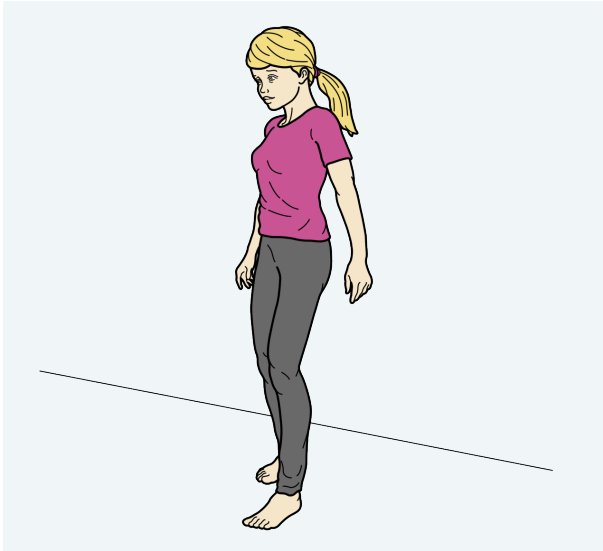


# Activity 4: Feeling muscles – legs

Video demonstration



1. Standing up, put one foot in front of the other with both feet facing forward and legs hip-width apart, both feet flat on the floor.



2. Now move the front foot so that it only has the heel touching the floor. *Where can you feel something?* You may feel your muscle stretching on the back of your calf.



3. Now point your toes on that front foot so only your toes are touching the floor. *Can you feel something in your foot as well as your leg? Is this the same as before or different?*



4. Put your feet back flat on the floor and change which leg is in front, then repeat the heel touch and toe touch. *Does it feel the same or different?*
5. Now repeat steps 1–4, focusing on one of the parts of your feet or legs where you felt the stretch in your muscles during the heel/toe walking.

## Follow-on activity:

*Can you have one foot pointed and one heel touching the floor at the same time?  
Can you move your legs in other ways to feel other muscles in your legs?*