

P. E. ACTIVITY TWO: MARCHING

LINK TO MUSIC ACTIVITY 4

Learning Objectives

- Develop competence in a broad range of physical activities;
- Be physically active for sustained periods of time;
- Lead healthy active lives;
- Develop flexibility, strength, technique, control and balance;
- Take part in outdoor and adventurous activity challenges both individually and within a team.

Introduction

Marching is always perceived to be a mainstay of army routines but there are many types of marching and levels of complexity.

In the First World War, a Battalion would move in 10 waves with 100 yards (91m) between each wave of men. The first 6 waves were fighting elements, the 7th the Battalion headquarters, the 8th and 9th carried equipment and the last contained stretcher bearers and medics. Everyone was expected to move at the rate of 100yards (91m) every 2 minutes despite the amount of equipment (60lbs) each man carried!

Before 1918, these waves were rigid, but they later became more flexible to allow for movement in darkness, leap frogging movement so that, as some groups moved forward, the others covered them, and a range of moving formations, from horizontal to single files.

MAIN TASKS

1. Practice marching in single file, ensuring everyone is completely disciplined and coordinated. They need to be absolutely precise with their hands and feet, which should all raise the same height together.
2. Try the marching at different speeds. You might want to use military music to help you such as this: [MILITARY MUSIC](#)
3. March in horizontal lines. Can everyone keep together? Which is harder?
4. Add in a Volunteer drill Sergeant to give the marching orders.
5. Marching in waves keeping the correct distance between lines. Try this both as single file and horizontal waves.