

Task Cards

READER



Responsibilities for each assessment:

1. Read all instructions to the group
2. Check off each step of the procedure as it is completed
3. Be sure all group members understand their job and are on task

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TIMEKEEPER



Responsibilities for each assessment:

1. Obtain and operate the stopwatch
2. Start the stopwatch when the Walker begins
3. Stop the stopwatch when the Walker is finished
4. Report times to the group.

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WALKER



Responsibilities for each assessment:

1. Remove shoes and socks, step in shallow tray with powder
2. Get ready to walk by starting at the Start Line
3. Follow all directions given by the Reader
4. Clean off feet, and put on socks and shoes

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MEASURE MASTER



Responsibilities for each assessment:

1. Get the meter stick and stand near start line
2. Count and record total steps taken
3. Measure distance between heel strikes and record results

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