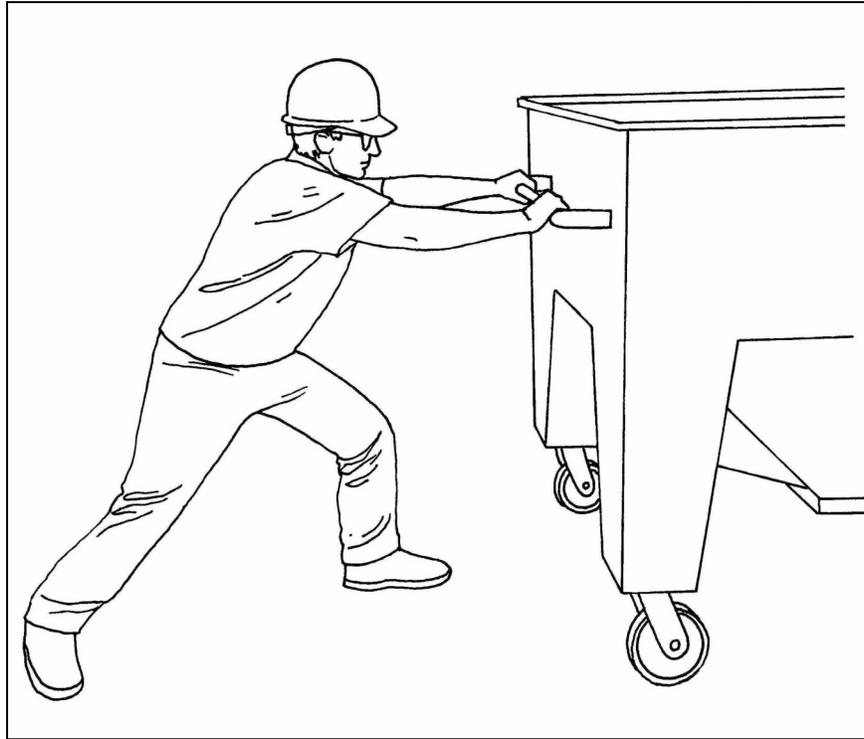


TROUBLE SHOOTING GUIDE



HOW TO TEACH PUSHING

Use a medium heavy wheeled object and have your students do the following:

- Stand at a 45 degree angle to the object being pushed.
- Keep the elbows nearly straight (not locked), which will add strength to the push.
- To initiate the push, drop your center of gravity by bending the knees and push off with the back foot. (Note the position of the back foot on the illustration above!)
- To continue pushing once the object is moving, keep the knees slightly bent and take long strides as you push.
- When done like this, getting an object moving and pushing it a long distance will be much easier!