

Side Gallop with Family

Home Fun - Galloping



Organisation

Equipment:

- N/A

Set up and Timing:

- Can play outside or modified inside
- 5 minutes



Learning Experience

Instruct students to:

- Hold hands facing a family member and slide around in open space.
- Practice sliding in both directions. You might like to put some of your favourite music on so that you can try and slide to the rhythm.
- Also take turns to call out number of slides and directions i.e. "three right, four left, one left, five right" etc.



Teaching Tips

Teaching Tips:

- Correct SIDE GALLOP technique:
 - Smooth rhythmical movement.
 - Brief period where both feet are off the ground.
 - Weight on the balls of the feet.
 - Hips and shoulders point to the front.
 - Head = stable