



Skill Card 6

Teach kids to Side Gallop

The side gallop or slide is a unique movement skill in that the individual is moving sideways while the body and sometimes eyes are facing forwards. It is a basic skill used in many sports and games, such as softball, basketball, touch and racquetball. It is also used extensively in dance.

What to look for:

- 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, eyes focused forward or in the direction of travel





GAMES CARD

6

Fun Side Galloping Games

Obstacle courses (↑/•/♠) – Set up things to climb over, under, through or along, side gallop to each station – use your imagination.

Here is one to get you started – Action Hero Challenge;

1. Laser Beam – Lay a broom across the backs of two chairs and limbo underneath, 2. Shot in leg Agent Injured – hop to next station
2. Agent Injured – hop on the spot for 10 hops.
3. Cave Slither – make a tunnel by putting a blanket across the back of two chairs and crawl through on stomach
4. Stealth Move – pretend to be a Ninja. Side gallop to next station
5. Log Balance – set up a plank of wood or bench to walk the length of
6. Undercover – on the same plank of wood or bench, hover low and balanced, look left, look right twice
7. Crocodile leap – mark a suitable space to leap over (use hose, sticks, shoes, whatever)
8. Under Attack – lay out 4 tin cans or similar about half a metre apart and run a zig zag pattern through the obstacles as fast as you can. Beat your best time or challenge a friend or adult.

KEY: ↑ = can be played by one person, ♠ = needs more than 1 player,
/ = some equipment needed, • = organisation required,
♠ = can be played inside