

SIDE SLIDING

for pre-schoolers 3-5 years

with Franky the Frog

DESCRIPTION

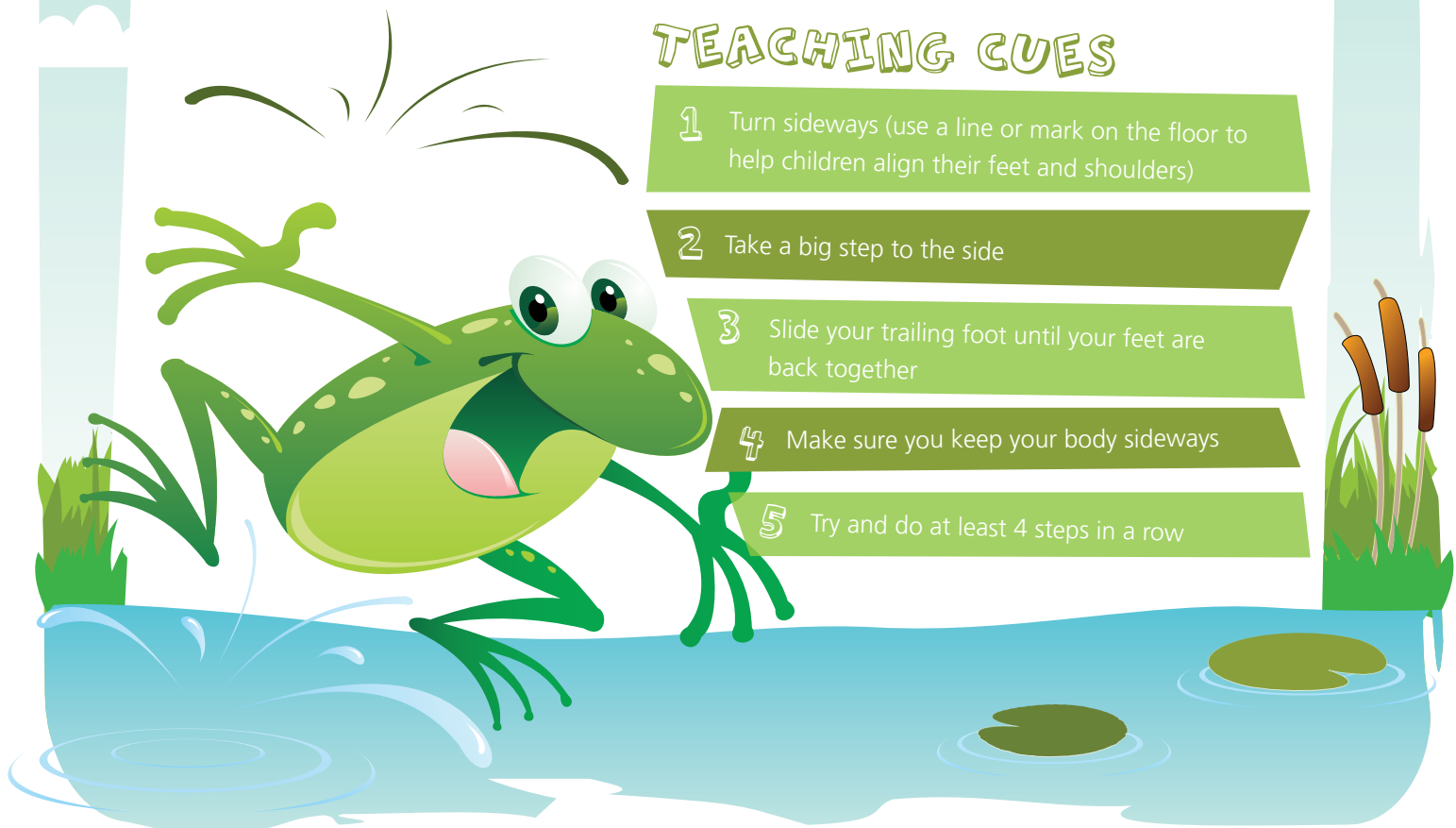
Side sliding is a side to side gallop with minimal bounce. The movement should look smooth and children stay low to the ground.

POINTS TO REMEMBER

- Before starting the games take a few moments to go over the key teaching cues for side sliding
- Start with the 'Who can side slide like Franky the Frog?' activity, most children will find this movement simple so challenge them to go a little faster or to follow a line on the floor
- If a child is having difficulty side sliding, try breaking up the action into simpler parts. Work on single components such as keeping the body side on, making sure feet touch in the middle and turning the head to watch where they are going without moving their shoulders
- In active play gather a small group of children at a time – first demonstrate the skill and then explicitly teach each component of side sliding
- Don't forget to warm up and cool down
- Demonstrate the skill so that everyone can see
- Positive feedback is the key – have fun detecting and correcting!

TEACHING CUES

- 1 Turn sideways (use a line or mark on the floor to help children align their feet and shoulders)
- 2 Take a big step to the side
- 3 Slide your trailing foot until your feet are back together
- 4 Make sure you keep your body sideways
- 5 Try and do at least 4 steps in a row



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WARM-UP ACTIVITY

A warm-up activity helps children get their muscles and brain ready for moving and sets up good habits for future participation in sport.

Action songs make great warm-up activities, try:

The Ants Go Marching.







WHO CAN SIDE SLIDE LIKE FRANKY THE FROG?

Game Set up

Children spread out in a defined area

Activity

Who can side slide:

-  Slow
-  Fast
-  In a straight line
-  Along a balance beam
-  On their tip toes
-  Sneakily



Franky says "Don't forget to use the FMS lanyard to help you detect and correct!"

FOLLOW THE FOOTPRINTS



Equipment


-  Footprints (could be laminated paper cut from cardboard, stickers or drawn with chalk)

Game Set up

-  Create a course throughout the yard or inside the room
-  Place footprints all around and in different directions

Activity

-  Get children to side slide along the course making sure they slide over every footprint
-  This helps children practice bringing their feet together, so they can step their lead foot to the footprint and bring their trailing foot alongside

-  Play music to make it fun, try the song 'Sliding' (track 6 of the Munch & Move CD)

Sliding, sliding, sliding, side sliding together

-  Encourage older children to slide in both directions



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PARACHUTES

Equipment

A parachute, if you do not have one this activity could also be done using a bed sheet

Game Set up

- Spread the parachute out in an open space
- Make sure you have adequate staff participating

Activity

- Children form a circle holding hands and spreading out
- Educators open out the parachute and all children take hold with both hands
- Children and educators side slide around the circle still holding the parachute
- Variations can include:
 - Side sliding with the parachute held up high (above heads)
 - Side sliding with the parachute held down very low
 - Taking 4 steps left and then 4 steps right
 - After a number of side slides an educator calls 'under' and children run underneath the parachute

SIDE SLIDING SONGS

Equipment

No equipment is needed, but you may like to use a CD player

Game Set up

Have children form a circle in an appropriate space

Activity

Incorporate side sliding into circle songs. Have children hold hands and side slide around the circle singing songs such as:

Here we go round the mulberry bush
Here we go round the mulberry bush,
The mulberry bush,
The mulberry bush.
Here we go round the mulberry bush
So early in the morning



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SIDE SLIDING SONGS

Cows in the Meadow
(alternate rhyme to Ring around the Rosey)

Fishes in the water,
Fishes in the sea
We all jump up
With a one-two-three!

Cows in the meadow
Eating all the grass,
They all fall down
With a one two three!

One Grey Elephant...

One grey elephant balancing,
step by step on a piece of string,
thought it was such a wonderful stunt
so he called for another elephant.

Two grey elephants balancing,
step by step on a piece of string,
thought it was such a wonderful stunt
so he called for another elephant.

Repeat until all children are sliding, then final line:

And what do you think happened??
THEY ALL FELL OFF!

COOL DOWN ACTIVITY

A cool down activity helps children relax their muscles and allows some time to settle before they transition to the next part of their day.

Transition songs or stories make great cool down activities, try: The Belly Button Game.

Have children imagine their belly button is at the centre of a circle. Ask them to draw big circles as if they have a hula hoop around their waist. Try 3 circles one direction and then 3 the other way, you could also try circles with their eyes closed, up high, down low and end with children seated making tiny circles with their belly buttons.

