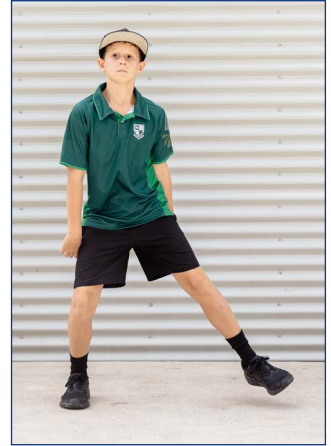


Side gallop



Skill components

(Introductory components marked in **bold**)

1. Smooth rhythmical movement.
2. Brief period where both feet are off the ground.
3. **Weight on the balls of the feet.**
4. **Hips and shoulders point to the front.**
5. **Head stable, eyes focused forward or in the direction of travel.**

Teaching cues

- Use light springing steps.
- Step-together-step-together.
- Take off and land on the front (ball) of your foot.
- Make your body face the front.
- Keep eyes straight ahead (or look over your shoulder).

Common errors

- Crossing the back foot in front of the lead foot.
- Not keeping weight on front of foot.
- Looking down at the ground.
- Movement choppy, not rhythmical.
- Too much vertical movement.

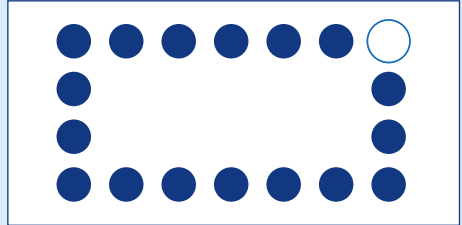


Game: Waspital



Set-up

- Set up a playing space big enough for your group size.
- Choose a tree, wall or area outside of the playing space as the 'waspital'.



Equipment

- This game can be played without equipment (see set-up)
- Cones or markers (optional)

How to play

1. Choose several students to be wasps (taggers).
2. The wasps side gallop around with their hands in front of them, pointing their index fingers, like stingers on a wasp.
3. All the other students side gallop around with their hands up.
4. When they are stung by a wasp (tagged) they place a bandaid on their arm by placing their opposite hand on the upper arm.
5. Students continue side galloping around with one bandaid on and the other hand up.
6. When a student has been stung twice and used both their bandaids, they need to go to the 'waspital'.
7. In waspital, the student can do five star jumps (or other chosen activity) to be healed and continue in the game with two new bandaids.

Variations

Make it easier

- Start the game with just wasps, bandaids and stings and introduce the waspital later in the game.
- The teacher is the only wasp.

Make it harder

- Change the type of movement around the playing area such as skipping or side jumping.
- Add more wasps.