

PDHPE

Stage 1

Side gallop

Activity context

The side gallop is a fundamental movement skill which is introduced in Stage 1. The focus for teachers should be on students developing the introductory components of the side gallop. The side gallop or slide is a unique locomotor movement skill in that the individual is moving sideways while the body and sometimes eyes are facing forwards. It is a basic locomotor pattern used in many sports and games, such as softball, basketball, touch and racquet sports. It is also used extensively in dance.

Syllabus links:

ALS1.6 Participates in physical activity, recognising that it can be both enjoyable and important for health.

- engages in a range of planned activities

GSS1.8 Performs fundamental movement skills with equipment in minor games.

- participates in a range of minor games and practices that assist skills development

INS1.3 Develops positive relationships with peers and other people

- displays cooperation in group activities.

Notebook page



Activity

Explain to students that the lesson will focus on the 'side gallop'.

Ask students to talk about what is important when side galloping.

Discussion should centre around the components of the side gallop.

Introduction of skill

Read the components of the 'side gallop' aloud.

- 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.**

(Introductory components marked in bold)

Click on the *paperclip* link at the base of the 'Side Gallop' title to link to video.

[NB if you do not have QuickTime installed on your computer, the video may not play. In this instance use the *Get Skilled: Get active* resource (2005) available for purchase on the curriculum support website.]

The video shows a proficient student, followed by a developing student performing the FMS 'side gallop'.

	<p>After observing the proficient student, you should mute the sound. As the developing student performs the skill, ask students to indicate the errors the student is making.</p> <p>Keep referring to the skill components of the skip outlined in the lesson plan.</p>
	<p>Outside Activity</p> <p>Take students outside to practise and develop the introductory components of the side gallop.</p> <p>Warm up Activity</p> <p>'Side-gallop rescue'</p> <p>Divide the class up into teams of 4. Student 1 side gallops to the marker and back again to collect student 2. Holding wrists, they both side gallop around the marker and back to collect student. This continues until the whole team side gallops around the marker and back together. Repeat the relay but as a 'drop off' relay. Make sure the students 'run' around and don't swing each other around the markers. If this occurs, stop the game and redemonstrate.</p> <p>'Hang in there'</p> <p>Divide the class into teams of 6 and in pairs. Partners face each other and place a basketball between their stomachs. The side gallop around a marker and back to their team without dropping the ball. No part of the partner's body should touch the other. If the ball drops, the pair has to return to the start and begin over.</p> <p>Skill Development Activity</p> <p>Provide a rhythm using a percussion instrument, music or verbal cue such as 'step, together, step, together'</p> <p>Ask students to:</p> <ul style="list-style-type: none"> • begin with short side steps and then increase the length of each side step • work with a partner, holding hands and side gallop. This should keep the students' hips and body perpendicular to their direction of travel • explore the side gallop, using different distances between steps, keeping feet low, springing to gain height • work with a partner to evaluate the flight and rhythm of the side gallop • explore a range of trunk and arm positions. Focus on the correct placement of feet and hips • allow students to explore the side gallop with stiff legs. <p>Ask students:</p> <ul style="list-style-type: none"> • what could be done to side gallop better? • what happens when you cross your feet in the side gallop?

Minor Game Activities

'Mirror mirror'

Get students to develop side gallop patterns, changing direction, using a half turn, or stopping and using a different leg to lead.

Get student to mirror a partner to develop the idea of using the side gallop to defend a player, as in basketball, netball and soccer. Practise getting passed your opponent using the side gallop.

'Poison circle'

Mark out a large circle as the play area. All the students stand inside the circle to start the game. On the signal 'Scrambled eggs – gallop!' the students gallop around and pretend that everyone is poison. If a player touches you, then you are 'poisoned' and must continue galloping with one hand behind your back: if you are touched again, the other hand must be put behind your back; if you are touched again, you must hop on one leg.

Assessment strategies:

The teacher:

- observes student involvement and execution of introductory components of the side gallop (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).

Assessment criteria:

The student:

- displays cooperation in group activities
- participates willingly in a range of minor games and practices that assist development of the skill
- engages in a range of planned activities.

These criteria relate to outcomes COS1.1, ALS 1.6 and GSS1.8.

The Notebook files for each student can form part of your assessment to inform your teaching and captures "point in time" learning.