



## Get active



## 6. Side gallop

**For the supervisor and the student**



point shoulders  
and body to  
the front

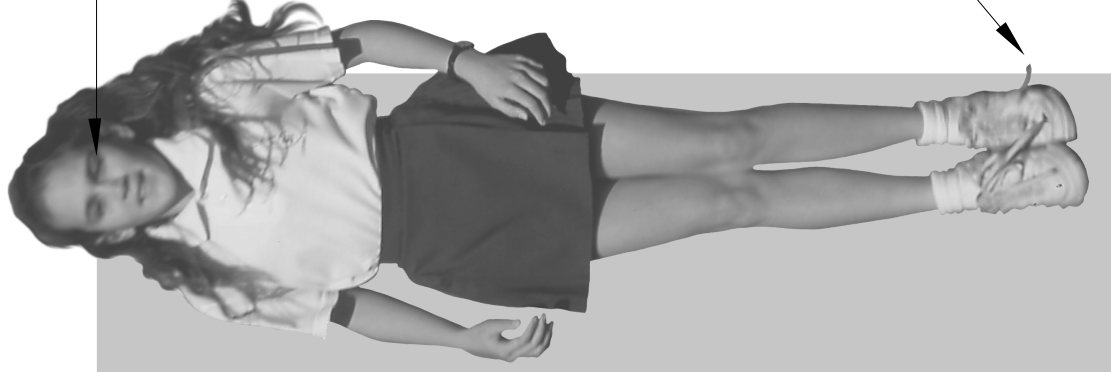
push off on  
the ball of  
your foot

bring your  
other foot over

Show me how to ... gallop

1

look forward or  
in the direction  
you are traveling



bring both feet  
together off  
the ground

Show me how to ... gallop

2



*land on the ball of  
your other foot*

Show me how to ... gallop

3