

FOCUS➤

Subfocus➤

SLIDING

Pathways

Materials and Equipment

Drum for signal

Introduction

What first comes to your mind when I say, "Sliding"? Baseball players slide to avoid being tagged out at the base. We slide on ice in the winter. Basketball players slide as they move quickly side to side. There are many types of sliding movements.

Introduce the sliding movement as a locomotor skill—a gallop to the side with the side of the body and foot leading, with the airborne lift of a dancer. Contrast the movement with gliding on the feet forward pretending to ice skate.

Critical Elements for Sliding

- Trunk faces in forward direction; head is turned sideways in direction of travel.
- Lead leg lifts and moves sideways to support weight.
- Rear foot closes quickly to supporting foot.
- Body is momentarily airborne.
- Arms are lifted, extended to the sides.

LEARNING EXPERIENCE: SLIDING

Review the critical elements for galloping. Note the similarities and differences between galloping and sliding. Demonstrate the slide with verbal cues of sideward direction, head turned, and body airborne. With students scattered throughout general space, have them slide in their preferred sideward direction.

- Sliding to the right, looking in that direction
- Sliding to the left, looking to the left
- Sliding in preferred direction, changing the direction on your signal
- Sliding with zigzag and curved pathways, avoiding collisions (movement concept lesson as pre-requisite)

Assessment

Observe students having difficulty achieving the airborne lift of the body or maintaining balance.

Closure

- What locomotor movement did we introduce today?
- What is the difference between a gallop and a slide?
- In sports we have three kinds of slides: basketball player, baseball player, skater. Which slide did we practice today?

Reflection

- Can students travel in general space with the sliding action, maintaining their balance?
- Can they slide to both the right and the left?