

FOCUS➤

GALLOPING

Materials and Equipment

Drum for signal

Introduction

Last time, we worked on hopping on both the right foot and left foot. Complete this sentence for your neighbor: Hopping is on _____ foot; jumping is on _____ feet. The locomotor for today is galloping. What animal do you think of when I say, "Galloping"?

Critical Elements for Galloping

- Trunk faces in forward direction.
- Lead leg lifts and moves forward to support weight.
- Rear foot closes quickly to supporting foot.
- Lead leg lifts to repeat action.
- Arms are in front, bent slightly.

LEARNING EXPERIENCE: REVIEW OF LOCOMOTORS

Review locomotors introduced thus far, offer cues for proper execution, and have students practice in general space.

LEARNING EXPERIENCE: GALLOPING

- With students scattered throughout general space, demonstrate the correct gallop, emphasizing leading with the same foot throughout the action.
- Have students stand with the lead foot in front, ready for the gallop. On your signal, they gallop in general space with no collisions and no loss of balance.
- Have students change the lead foot and continue the gallop in general space.
- Just for fun, have them gallop like a cowgirl, like a cowboy riding a horse, and backward.

Look over your shoulder to avoid collisions with others. Lower your body slightly to help with balance going backward.

Assessment

Observe students who are having difficulty keeping the lead foot in front throughout the action or having difficulty maintaining balance.

Closure

What locomotor did we introduce today?

Reflection

- Can students gallop in general space while maintaining their balance?
- Can they gallop with both the preferred and the nonpreferred foot leading the action?