



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

## **Galloping 1.1: Colour match**

3 - 5 year olds

**TIME:** 30 minutes

**SKILL:** Locomotion

**EQUIPMENT:** hula hoops, beanbags,  
music, pool noodles

### **Introduction (2 - 3 minutes)**

Greet the children and ask them to sit in a circle.

Explain any special safety rules for the day.

Remind children to stop, look, and listen when you signal (e.g. blow whistle).

Explain in 20 - 30 seconds what you will be doing today.

*Today we will learn how to gallop. Do you know any animals that gallop?*

## Activity 1: Colour match (5 - 8 minutes)

- Leader places four different coloured hula hoops in the four corners of the activity space.
- Leader spreads out several different coloured beanbags (that match the four colours of the hoops) in the centre of the activity space.
- Leader asks children to spread out around the edge of the activity space.
- When leader starts the music and calls out an animal, children must move like that animal (e.g. bear crawl, crab walk, elephant walk, frog leap, bunny hop etc.).
- Children pick up one beanbag in the centre and place the beanbag in the matching coloured hoop.
- Children can only move one beanbag at a time.
- Activity ends once all beanbags have been placed in the hula hoops.
- Repeat activity changing the animal movement.

### TIPS FOR INSTRUCTION

- Leaders should demonstrate each animal movement when they call it.
- Remind children to keep their heads up to avoid collisions.

## Activity 2: Galloping (10 minutes)

- Leader asks children to sit in a semi-circle.
- *Today we are going to learn how to gallop, just like a horse!*
- Leader demonstrates how to gallop:
  - » *One foot is always your "front" foot.*
  - » *Both feet leave the ground when you step.*
  - » *Land on your back foot, then your front foot.*
  - » *Point both feet forward.*
- Children spread out along one side of the activity space.
- Leader asks children to gallop to the opposite side.
- Leader gallops with any child who has difficulty (model the movement).
- Repeat a few times.
- Children then lineup behind the leader.
- Leader gallops around the activity space and children follow.
- Leader should change speed and direction (e.g. around a circle, zigzag, etc.).

### CUES

- *Point toes forward*
- *Head up*

### Activity 3: Red light, green light (10 minutes)

- Children spread out at one end of the activity space.
- Leaders explains the game “Red light, green light”.
- *When I call out “green light”, I want you to gallop quickly towards the other end of the activity space.*
- *If I call out “red light”, you must freeze like a horse. (Leader should demonstrate what this might look like; on hands and knees, neck stretched and head looking up.)*
- *If I call out “yellow light”, you must gallop very slowly.*

#### TIPS FOR INSTRUCTION

- If possible play fun themed/country music.
- Praise children when they gallop correctly.

### Wrap-up (2 minutes)

Ask children to sit quietly in a circle.

Review what they learned today.

*Why do you need to keep your head up when you gallop?*

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