



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

## **Galloping 2.1: Galloping horses relay race**

5 - 8 year olds

**TIME:** 30 minutes

**SKILL:** Locomotion

**EQUIPMENT:** hula hoops, music, ropes,  
cones

### **Introduction** (1 - 2 minutes)

Call the children into a circle or into designated lines and greet them.

Explain any special safety rules and remind the children to stop, look, and listen whenever you signal.

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

*What sports or games use the skill of galloping?*

## Warm-up: Balance tag (5 - 7 minutes)

- Leader places hula hoops around activity space (one per child).
- *When the music starts, jog around the activity space without touching the hula hoops.*
- *When the music stops, hop into a hula hoop and balance the way I tell you to.*
- Suggested balances:
  - » *Balance on your left foot.*
  - » *Balance on your right foot.*
  - » *Stork stand balance.*
  - » *Make a bridge (belly facing up) and balance.*
  - » *Make a bridge (belly facing down) and balance.*
  - » *Reach as high up as you can and balance on your tippy toes.*
- Leader gives children an opportunity to invent their own balances.

## Demonstration: Gallop (3 - 5 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:
  - » *In galloping, you step forward with one foot that is always your “lead” foot.*
  - » *The toes of your back foot chase the heel of your lead foot, almost like skipping.*
  - » *Both feet leave the ground, and you land on your back foot, followed by your lead foot.*
  - » *When galloping, point both feet forward.*
  - » *Arms swing forward at the same time the back foot moves forward.*
  - » *Head up and look forward.*

## Practice: Gallop (5 minutes)

- Children spread on along one side of the activity space.
- Leader asks children to gallop in a line to the opposite side of the activity space.
- Leader gallops alongside any children who have difficulty (model the movement).
- Leader encourages children to swing their arms in rhythm with their lower body.
- With a partner, children spread out around activity space and practice the “step-toe-to-heel” pattern.
- Leader can invite children to gallop and work together to make shapes as they gallop (circle, figure eight, triangle, following a line on the floor etc.).
- Leader should encourage children to try galloping with opposite foot leading.

## TIPS FOR INSTRUCTION

- Many children learn this skill quickly, so it is a good time to reinforce good listening and cooperation while helping those with more difficulty.
- Encourage children to gallop with either foot leading.

## CUES

- *Step-toes-to-heel*
- *Swing arms in rhythm with lower body*
- *Head up*
- *Toes pointed forward*

## Game: Galloping horses relay race (10 minutes)

- Leader divides children into 4 or 5 groups with even numbers.
- Leader designates a start line at one end of activity space.
- For each group, leader places a cone at the other end of the activity space to mark their turn-around point.
- Groups line up behind the start line.
- Each group has one skipping rope which will be used as the “reins” to lead the horse.
- The first person in line is the horse, and they place the reins around their waist.
- The second person in line holds the reins as if they are guiding the horse.
- In pairs (horse and guide), children gallop around the turn around point and back to the start.
- When they reach the start line, they pass the reins to the next pair in their group.
- The first group to have every pair complete the course wins.

## Wrap-up (2 minutes)

Call the children back into a circle and review what they learned today.

*Why is it important to swing your arms when you are galloping?*

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