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 explain 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?