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?