

GALLOPING

with Holly the Horse

for pre-schoolers 3-5 years

DESCRIPTION

Galloping is the action of stepping forward with one foot, then sliding the other foot forwards. It is a rhythmic movement and the front foot is always the lead.

POINTS TO REMEMBER

- 🐾 Before starting the games take a few moments to go over the key teaching cues for galloping
- 🐾 Start with the 'Who can gallop like Holly the Horse?' activity, it's a good idea to practice stepping with one foot in front of the other (like a slow gallop) before adding the jump or hop motion
- 🐾 If a child is having difficulty galloping, try breaking up the action into simpler parts. Work on single components such as keeping arms bent at waist level, starting with the same lead foot or focus on the back foot landing next to the lead foot
- 🐾 In active play gather a small group of children at a time – first demonstrate the skill and then explicitly teach each component of galloping
- 🐾 Don't forget to warm up and cool down
- 🐾 Demonstrate the skill so everyone can see
- 🐾 Positive feedback is the key – have fun detecting and correcting!

TEACHING CUES

- 1 Arms bent by your sides, like you are holding the horses reins
- 2 Take a big step forward
- 3 Drag your other foot to the same spot
- 4 Take another big step and drag your back foot along
- 5 Keep holding those reins up!
- 6 Try and go a little faster



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WARM-UP ACTIVITY

A warm-up activity helps children get their muscles and brain ready for moving and sets up good habits for future participation in sport.

Action songs make great warm-up activities, try:

The Hokey Pokey.

WHO CAN GALLOP LIKE HOLLY THE HORSE?

Game Set up

Children spread out in a defined area

Activity

Who can gallop?



Slow



Loudly



With the other foot in front



Fast



Quietly



In a straight line

Holly says "Don't forget to use the FMS lanyard to help you detect & correct!"

GALLOPING AROUND

Equipment

This activity can be run with no equipment, however you may like to use a CD player with related music or a drum/tapping sticks to create rhythm

Game Set up

Children spread out in a defined space

Activity



Get children to gallop around the space as they sing to this song, choosing different names as they go



Sing to the tune of "Here we go round the mulberry bush":



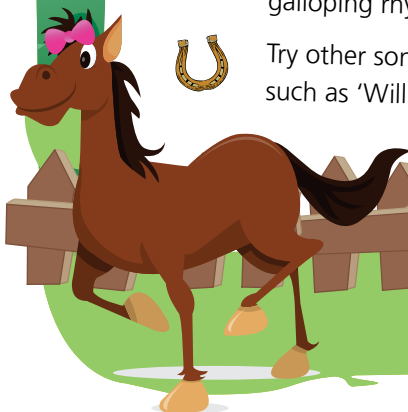
Use tapping sticks (or clap) to create a galloping rhythm



Try other songs that include galloping such as 'William Tell'

This is the way that 'child's name' gallops,
'child's name' gallops, 'child's name', gallops

This is the way that 'child's name' gallops
When he/she is at preschool



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RIDERS AND HORSES

Equipment

- U Markers or masking tape or other cone/circle shapes
- U Paper streamers
- U Tapping sticks for gallop rhythm (or clap)

Game Set up

In an appropriate space, set out markers in a circle shape (or use masking-taped spots if inside)

Activity

- U Children form pairs. One child will be the galloping horse – put paper streamers around their waist for the reins. The other child will be the rider who holds onto the reins and gallops behind the horse. Remember to swap roles so children get a turn at being both characters
- U Ask the children to gallop:
 - Around the inside space of the circle
 - Weaving in and out around the markers
 - Around the outside of the circle and back the other way
 - Sing the galloping rhyme "Giddy up Horsey"

Giddy up, Giddy up, Giddy up horsey

Giddy up, Giddy up, Whoa, Whoa, Whoa!

Giddy up, Giddy up, Giddy up horsey

Giddy up, Giddy up Whoa!



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COW - COW - HORSE

Equipment



Markers or masking tape

Game Set up

In an appropriate space, set out a rectangular area with markers

Activity



To promote movement keep all the children standing and start the game by having everyone follow a simple movement such as moving like bouncing on the spot or balancing on one leg



Choose one child to walk around the outside of the circle touching each person on the shoulder. Accompanied with the touch, they say 'cow, cow, cow'



The child can then choose to say 'horse', which now means the child they have last touched gallops around the circle trying to tag them before they get back to their original spot



Both the child who is in and the child chasing should be galloping

COOL DOWN ACTIVITY

A cool down activity helps children relax their muscles and allows some time to settle before they transition to the next part of their day.

Transition songs or stories make great cool down activities; try:

If you're happy and you know it – include movements such as touch your toes, reach for the sky, roll your shoulders, close your eyes, sit down.

