As they apply their skills

Locomotor

Crossover Step

The 'Crossover Step' is used to change direction quickly

1. Get into 'Ready Position', with weight slightly on balls of feet
2. Keeping knees bent and hips low, transfer weight sideways, out over left foot
3. Step across and in front onto right foot
4. Use arms to balance
5. Continue travelling in new direction either by side stepping or sprinting







If you see...

Observation	Likely cause	Solution
Child stumbling	Weak core stability	Encourage strong stance
Off balance	Standing too upright, not bending knees and sinking hips, not shifting weight	Slow it down and really emphasise each point

Opportunity to develop:

Coordination – Agility –
Motor Skills – Accuracy

Safety!

Ensure...

the area is free from objects

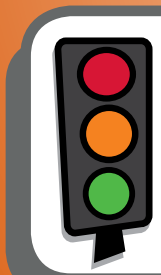
the surface is not slippery

As they apply their skills
Locomotor

Crossover Step

Can you see...?

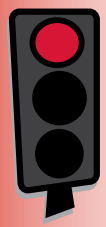
- the child getting into the 'Ready Position'? ☐
- the child moving on the balls of their feet? ☐
- the child keeping their hips low? ☐
- the child stepping across and in front? ☐
- the child's head is stable and their eyes are focused in front? ☐



mostly x's

✓ and x

mostly ✓'s



- Walk the step through
- Stand behind a partner and copy their actions
- Put hands on hips to feel transfer of weight



- 'Crossover Step' into sidestep
- 'Crossover Step' into jog
- 'Crossover Step' at a marker



- 'Crossover Step' through a cone slalom
- 'Crossover Step' to travel in different directions, pathways and speeds
- 'Crossover Step' into 'Grapevine Step'



- 'Crossover Step' to travel in different directions and at different speeds, then in response to a range of cues
- Use 'Crossover Step' to complete a Figure of 8, W, M, Square, slalom pathway in the quickest possible time
- Combine 'Crossover Step', 'Side-step', 'Leaping', 'Galloping' and 'Skipping' in response to a range of cues, using different directions, pathways and speeds

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