As they apply their skills

Locomotor

Side-step

The 'Side-step' is a rhythmical lateral movement, transferring weight from one foot to the other. Side-stepping is fast action covering the ground as quickly as possible.



1. Start in 'Ready Position' slightly on balls of feet
2. Move to the right by stepping to the right with right foot
3. Take weight onto right foot
4. Close left foot towards the right
5. As feet close together lift right foot to start next step
6. Keep hips facing forwards
7. Knees slightly bent throughout the action, low centre of gravity
8. Small fast steps
9. Head still on looking forwards
10. Repeat moving to the left

If you see...

Observation	Likely cause	Solution
Not able to maintain step pattern for more than two or three cycles	Difficulty coordinating arms and legs	Slow action down and ask child to say step together, step together out loud
Action appears disjointed	Initially movement will appear segmented as the child attempts to think how to join the step together phases	Think of it as a slide, slide action
Child achieves considerable height during action	Bending knees and using arms to generate upward momentum instead of sideway, taking too big a step to the side	Tell the child to keep as low as they can, sink their hips down throughout the movement

Opportunity to develop:

Coordination – Agility – Motor Skills – Accuracy

Safety!

Ensure...

the area is free from objects

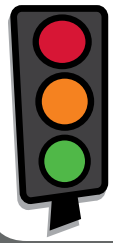
the surface is not slippery

As they apply their skills
Locomotor

Side-step

Can you see...?

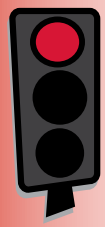
- the child showing a rhythmical, continuous action? ☐
- the child moving on the balls of their feet? ☐
- the child keeping their hips facing forwards? ☐
- the child keeping knees bent throughout the action? ☐
- the child taking small steps to the side? ☐
- the child's head is stable and their eyes are focused in front? ☐



mostly x's

✓ and x

mostly ✓'s



- Walk the step through
- Stand behind a partner and copy their actions
- Step close feet together with the incoming foot almost moving the other foot out of the way



- Hold hands with partner, try to keep in the same rhythm as one another
- 'Side-step' along a narrow path



- Work with partner, trying to keep within arm's reach, partner tries to get away, both 'Side-step'
- 'Side-step' through a cone slalom
- 'Side-step' in different directions, pathways and speeds



- 'Side-step' in different directions and at different speeds, then in response to a range of cues
- 'Side-step' to music/regular beat
- 'Side-step' following a Figure of 8, W, M, Square, slalom pathway
- Combine 'Side-step', 'Leaping', 'Galloping' and 'Skipping' in response to a range of cues, using different directions, pathways and speeds

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