

ACTIVITY PLAN 26 – GALLOP GO ROUND

Aim

To develop galloping skills

Age

3–5 years

Equipment

Masking tape or markers, paper streamers to make reins, drumsticks for gallop rhythm (or ask children to clap)

Area required

Indoor or outdoor space of suitable size

Time

10 minutes

How?

Set out markers in a circle and position the children outside of this circle.

Demonstrate how to gallop. Remind the children to bend their arms and when they step forward the trailing foot comes up behind or near to the lead foot. Practise galloping with the children.

Put the children in pairs. Ask one child to be the horse and put paper streamers around their waist. The other child will be the rider who holds on to the reins and gallops behind the horse. Swap after each activity so each child gets a turn at being the rider.

Ask the children to gallop around the circle set out with markers (or masking tape if you are inside) and pretend to hold the reins of a horse, weaving in and out around markers and around the circle with their partner and back the other way.

Sing a galloping song – to the tune of “Here we go round the mulberry bush”:

*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.*

Sing 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!

Easier

Set out a circle of markers and ask the children to gallop slowly around the “race course”. Try to maintain a constant rhythm for four or more gallops. Practise by pretending to be a horse.

Harder

Ask the children to gallop to the beat of the music and after several steps change their leading foot. Alternatively you could ask the children to show a proud, high stepping gallop or to gallop fast then slow.

Key points

Skills involved in galloping:

- Arms bent and lifted to waist level at take-off
- Step forward with the lead foot followed by a step with the trailing foot to a position next to or behind the lead foot
- There needs to be a brief period where both feet are off the floor
- Maintain a rhythmic pattern for at least four consecutive gallops.