

## Galloping

Galloping often precedes the more complex gross motor skill of skipping. It is composed of a step and a leap.

### Make sure children:

- lift and bend the front leg;
- thrust forwards onto the front leg;
- close the rear foot quickly, replacing the supporting leg as it is lifted, bent and springs forward again;
- are moving forwards by stepping on the front foot and bringing the rear foot towards it.

### Support children if you see them:

- completing the actions flat-footed;
- not moving forward;
- struggling to coordinate movements;
- not getting any height in their movements.



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## Skipping

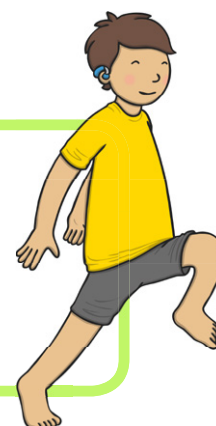
Skipping is a much harder skill than galloping. Before a child learns how to skip, make sure they can: momentarily balance on one foot then the other; hop on the spot on one leg then the other; hop forward on one leg then the other. Children should practise all of these skills before learning to skip.

### Make sure children:

- hop on one leg, then step on the other;
- repeat with the other leg;
- start off slowly and gradually build up the hop-step rhythm and speed.

### Support children if you see them:

- completing the actions flat-footed;
- not moving forward;
- struggling to coordinate movements;
- not getting any height in their movements.



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