Name/Title: William Tell Gallop

Purpose of Event: The students will be able to successfully gallop. When performing this activity, both feet point forward with one foot in front of the other (front foot steps, back foot closes) - with the left foot leading six times, followed by the right foot leading six times. Galloping is an important motor skill because it can be combined with other motor skills that will enhance the student's ability to participate in more complex physical activities.

Prerequisites: None

Suggested Grade Level: K-2

Materials Needed: six cones; a CD stereo; The William Tell Overture by Rossini

Description of Idea

Prior to the beginning of the lesson, the instructor will set up six cones in the shape of a race track (either in a gym, an auditorium or outside). When the students are in class, they will first be taught how to gallop. This is done by using the skill cues "step-close." In a line, the students will practice with their right foot leading while the teacher calls out "step-close." After the teacher demonstrates what galloping looks like, the students will try on their own while the teacher observes. Once the teacher notices a few children who appear to understand the concept, the students will be pinpointed as the rest of the class watches. When the right side is mastered, the students will be put into pairs and will help each other with the left side - still saying "step-close." The goal is to be able to gallop successfully at least six times with the right foot leading and six times with the left foot leading. Once the students can gallop on both sides, it's time for the William Tell Gallop.

The students are lined up outside of the cones. When the music starts they take off galloping around the track. The teacher will periodically instruct the students to switch the lead foot.

Assessment Ideas:

* By using the song it allows a few minutes for the teacher to observe who can gallop and who needs more practice.
* To assess the knowledge of the skill cues, the teacher can either ask the class or have them write it down on paper.
* The teacher may also provide a handout that has various words such as: skip, step, hop, open, close, right, point, left, backward. Thereafter, the students circle the correct two skill cues.

Adaptations for Students with Disabilities:
The purpose of galloping is to move from one point to another with the same foot leading each step. A person in a wheelchair is able to perform a similar movement by using the right arm to push the chair, then the left arm and continuing this pattern at least six times. (S)he can also help observe her/his classmates and cognitively learn what galloping looks like.


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