

Foundation PE (Reception) - Skipping and Galloping

Home Learning Challenge Sheet

At school we are learning to skip and gallop. Please help me at home. The following activities will help me to become good at skipping and galloping.

Activities to Support Learning

Gallop and Freeze

Play some lively music, then gallop around the space like a horse until the music stops. Can you freeze quickly enough?

Traffic Lights

Play this game with some friends. Ask one person to be the traffic conductor. They must say 'Red light' or 'Green light.' When they say 'Green light' you should gallop forwards or around the space. When they say 'Red light' you must stop. Swap positions and play the game again.

Across the Line

Create a range of lines on the floor – you could use skipping rope, string or old pieces of fabric. You can choose to gallop, skip, hop or jump but you must get over the lines without touching them.

Rubbish Collection

Scatter a range of dry rubbish (such as cereal boxes, clean food containers or screwed-up paper) in a space. Ask a friend to play with you and each have an empty box or bag to put your rubbish in. You can only skip or gallop around the space, and you can only pick one item of litter at a time. See who can collect the most!

You could take a photo or draw a picture of you practising the different activities to show us at school. You could tell us about how you have improved your skipping and galloping skills!

How to Gallop:

1. Bend and lift your front leg, then thrust forward onto it.
2. Bring your back leg forwards to meet your front leg.
3. Repeat, moving forwards as you gallop.
4. Remember to add height to your gallop.

How to Skip:

1. Hop on one leg, then step with the other.
2. Repeat with the other leg.
3. Start off slowly and gradually get faster, keeping to a hop-step rhythm.