

SIDE STEPPING

Shleaschéim



Introduction

The **side step** involves the body moving sideways as it faces forwards. It is an important skill in a great deal of sporting activities such as moving from side to side in tennis, squash and badminton, tracking an opponent's movement in rugby or basketball or taking part in a dance routine.



Each activity A, B and C below is accompanied by a video clip. Click on the links below, scan the QR code using your mobile device, or visit www.scoilnet.ie/pdst/physlit to view these video clips and to access all of the Move Well, Move Often resources, including more activities, videos, posters and assessment templates.

Choose the home activity to best support the further learning of the pupils in your class. These activities may provide opportunities at home to practise the following teaching points:

Home Activity A

Stand side on with hip and shoulder pointing in the direction of travel.

Bend knees slightly with weight on the balls of the feet.

[Click here for video](#)

Home Activity B

Keep head stable and eyes focused in the direction of travel or straight ahead.

Step lead foot in the direction of travel.

[Click here for video](#)

Home Activity C

Move free foot quickly after lead foot.

[Click here for video](#)



Side Stepping

Click [here](#) to see a video of this fundamental movement skill

Click [here](#) to download a poster for this skill



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Home Activity A

<p>Warm Up</p>	<p>Side step around the playing area in a variety of:</p> <ul style="list-style-type: none"> • directions (forwards, backwards, left, right) • pathways (straight, curved, zig-zag) • speeds (fast, slow) • levels (high, medium, low) <p>Try to make the outline of your name or family member on ground by side stepping</p>						
<p>FMS Focus</p>	<p>Today when side stepping can you focus on...</p> <table border="1" data-bbox="256 667 1524 929"> <tr> <td data-bbox="256 667 683 929"> <p>Stand side on with hip and shoulder pointing in the direction of travel</p> </td> <td data-bbox="687 667 895 929">  </td> <td data-bbox="900 667 1326 929"> <p>Bend knees slightly with weight on balls of the feet</p> </td> <td data-bbox="1331 667 1524 929">  </td> </tr> </table>			<p>Stand side on with hip and shoulder pointing in the direction of travel</p>		<p>Bend knees slightly with weight on balls of the feet</p>	
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<p>Side Stepping Practise</p>	<p>Touch The Spot, Over The Spot</p> <p>Description of Activity Use cones to set out a large defined playing area. Place spot markers randomly throughout the playing area and invite the pupils to find a space inside the area where they are not in contact with anyone else. On a signal, pupils side step slowly around the playing area. If the teacher calls touch, all pupils must side step to their nearest spot and touch it with their toe. If the teacher calls over, all pupils must side step over the nearest spot.</p> <p>Variations:</p> <ul style="list-style-type: none"> • Instead of spot markers use chalk to draw spots on the ground/rolled up socks • Remove one object after each round. • Assign different body part to different coloured markers eg. blue -touch the spot with fingers. • Give children a time limit to reach a spot marker, if children don't reach the spot marker within the time limit they must go to 'jail' where they can do 10 jumping jacks before returning to the activity • Increase/ decrease the space between the spots. • Use a ball/ bat and ball when side stepping. 						
<p>Home Challenge</p>	<p>At home, make a maze using lines of socks, skipping ropes, lego bricks, books, scarves or towels, chairs and bed sheets or any other household materials to form the sides of the maze. Include straight and curved lines in the maze. Practise side stepping through the maze. Ask a family member to join you. Record how long it takes you to side step through the maize.</p>						
<p>PE Journal</p>	<p>In your PE journal, design a playground game that involves side stepping.</p>						



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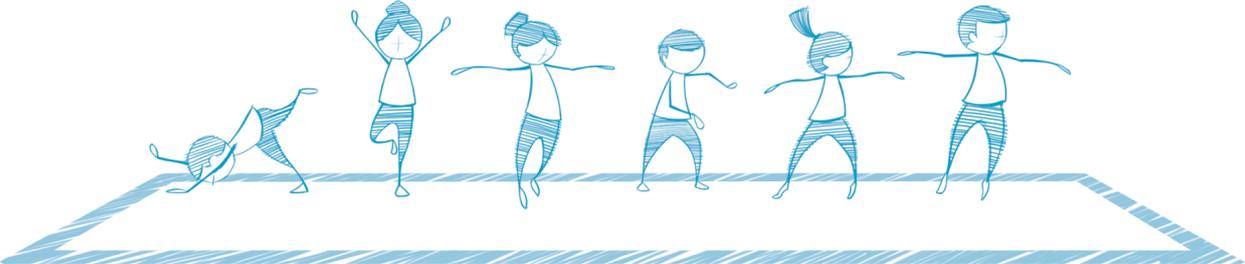


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Home Activity B

<p>Warm Up</p>	<p>Here, There, Where and Elsewhere Invite a family member to call the following directions: There & point in any direction: side step in the direction pointed to Where: bounce on the spot Here: sidestep back to their original spot Elsewhere: side step around the playing area</p>						
<p>FMS Focus</p>	<p>Today when Side Stepping can you focus on...</p> <table border="1" data-bbox="256 667 1524 929"> <tr> <td data-bbox="256 667 683 929"> <p>Keep head stable and eyes focused in the direction of travel or straight ahead</p> </td> <td data-bbox="687 667 890 929">  </td> <td data-bbox="895 667 1326 929"> <p>Step lead foot in the direction of travel</p> </td> <td data-bbox="1331 667 1524 929">  </td> </tr> </table>			<p>Keep head stable and eyes focused in the direction of travel or straight ahead</p>		<p>Step lead foot in the direction of travel</p>	
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<p>Side Stepping Practise</p>	<p>Side Step and Freeze</p> <p>Description of Activity Use cones to set up a large playing area. Pupils side step around the playing area until the teacher calls freeze. When freeze is called, pupils stop and perform a balance using the description given, e.g. balance on one foot or balance on two body parts.</p>  <p>Variations:</p> <ul style="list-style-type: none"> • Side step to the beat of your favourite song • Side step to both the left and right side • Balance on 1, 2,3, 4 or 5 body parts 						
<p>Home Challenge</p>	<p>With your family, choose a theme and create a movement sequence using side stepping, shapes and balances. Add a suitable song and side step to the beat of the music. Try to include other locomotor and manipulative skills such as skipping, hopping, balancing. etc. Add costumes and props when creating the movement sequence.</p>						
<p>PE Journal</p>	<p>In your PE journal, record sporting activities and recreational activities where the skill of side stepping is important.</p>						



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Home Activity C

<p>Warm Up</p>	<p>Gather the Treasure Place a number of household items e.g. socks, shoes, milk cartons, cereal boxes at one end of the playing areas (the treasure chest). Side step and collect one item and return it back to the start as quickly as possible. How many items can you collect in 60 seconds? Invite the family to play and race against someone else to see who can collect the most items in 60 seconds.</p>						
<p>FMS Focus</p>	<p>Today when Side Stepping can you focus on...</p> <table border="1" data-bbox="256 667 1535 929"> <tr> <td data-bbox="256 667 683 929"> <p>Move free foot quickly after lead foot</p> </td> <td data-bbox="687 667 895 929">  </td> <td data-bbox="900 667 1326 929"></td> <td data-bbox="1331 667 1535 929"></td> </tr> </table>			<p>Move free foot quickly after lead foot</p>			
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<p>Side Stepping Practise</p>	<p>Step and Sync</p> <p>Description of Activity Use cones to create a line through the middle of the hall. Arrange pupils in pairs and invite them to face each other on either side of the line. Pupils are tasked with synchronising their side stepping movement as they travel the length of the hall. Pupils are then given a ball to pass to each other as they side step across the hall.</p>  <p>Variations:</p> <ul style="list-style-type: none"> • For one player, throw a ball against a wall and catch the rebound while side stepping • For one player, strike a ball against a wall using a bat and catch the rebounding ball while continuing to side step • For one player bounce a ball and side step 						
<p>Home Challenge</p>	<p>The Side stepping Course Pick out landmarks in the home or garden e.g. flower pots, garden gate, wall of house, etc. create a side stepping course. Invite a family to record the length of time it takes to side step around the course. Swap roles. Also side step through the course in reverse order.</p>						
<p>PE Journal</p>	<p>Draw a map of the side stepping course you created in your PE journal.</p>						



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