







# SIDE STEPPING

Céim ar leataobh



Target Pupil								Comments
<b>Head</b> stable and eyes focussed forward or in direction travelled		Head						
<b>Stand side on</b> with hip and shoulder pointing in the travel direction		Trunk						
<b>Knees slightly bent</b> with weight on balls of feet		Legs						
<b>Lead foot steps</b> in travel direction and free foot follows quickly behind								
Brief period where both feet are <b>off the ground</b> . Movement is rhythmical.								
<b>Arms</b> out to the side for balance		Arms						

## Hints

**What instructions should I give?**

Side step as fast as you can.

**From where should I observe this skill?**

The side the pupil is facing so that you are facing the pupil.

**What equipment do I need?**

Cones, whistle.