

# SIDE STEPPING

Céim ar leataobh



	EXPLORATION	DEVELOPING	MASTERING
Movement	<ul style="list-style-type: none"><li>• movement is stiff and lacks rhythm</li></ul>	<ul style="list-style-type: none"><li>• While more rhythmical, the movement is still not smooth</li></ul>	<ul style="list-style-type: none"><li>• smooth rhythmical movement</li></ul>
Legs	<ul style="list-style-type: none"><li>• not moving on the balls of the feet</li><li>• the free leg is often dragged</li></ul>		<ul style="list-style-type: none"><li>• hips and shoulders point to the front with head up</li></ul>
Head	<ul style="list-style-type: none"><li>• head is down</li></ul>	<ul style="list-style-type: none"><li>• Head still tends to look down</li></ul>	<ul style="list-style-type: none"><li>• weight is on the balls of the feet</li></ul>
Flight		<ul style="list-style-type: none"><li>• A flight phase is evident</li></ul>	<ul style="list-style-type: none"><li>• obvious momentary flight phase</li></ul>

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

Hints	What instructions should I give?	From where should I observe this skill?	What equipment do I need?
	Side step as fast as you can.	The side the pupil is facing so that you are facing the pupil.	Cones, whistle.

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## PUPIL ASSESSMENT: PEER OBSERVATION

My name is:

Class:

My partner's name is:

Date:

Today we are looking at the skill of: **Side Stepping**



Looks good



Needs more practice

My partner needs to:

It:

- 1** Stand side on with their hip and point their shoulder in the direction of travel.  
Arms out for balance



- 2** Bend their knees slightly with their weight on the balls of their feet



- 3** Keep their head stable and eyes focused in the direction they are moving or straight ahead



- 4** Step lead foot in the direction travelled



- 5** Move free foot quickly after their lead foot



Pupil's Comments:

Teacher's Comments:

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## PUPIL ASSESSMENT: SELF-ASSESSMENT

My name is:

Class:

My challenge is:

Date:



*What steps do I need to take to get there?*

What I want to do next:

3

2

1

What I can do now:

Teacher's Comments:

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## SELF-ASSESSMENT FOR INFANT CLASSES

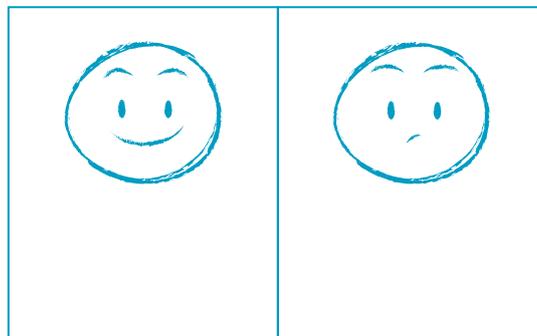
My name is:

Date:

*Here is a picture of me side stepping.*



*How did this activity make you feel?*



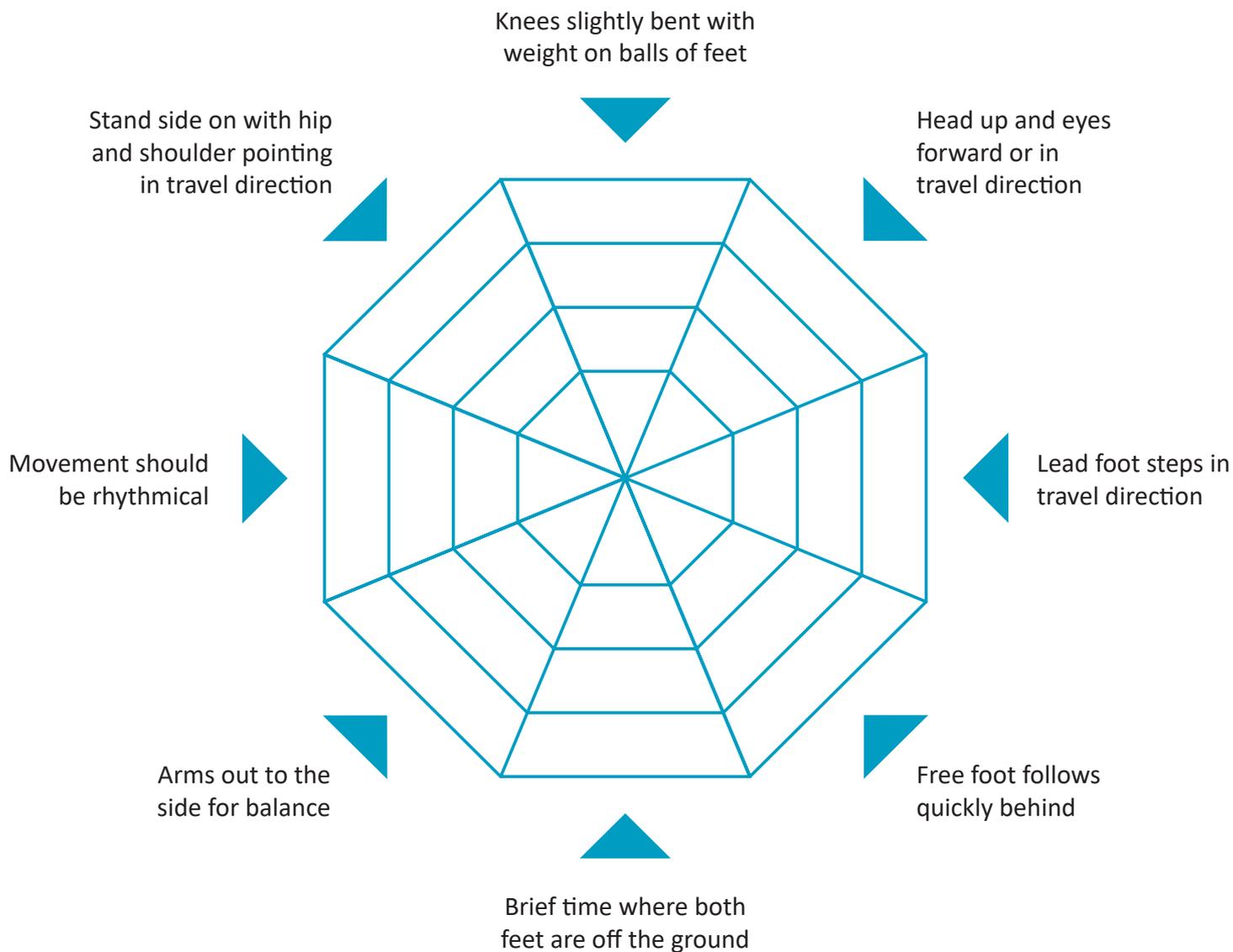
Teacher's Comments:

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## PUPIL ASSESSMENT: SELF-ASSESSMENT WEB



1. I don't think I can do this

2. I can do this but I find it hard

3. I can do this most of the time

4. I can do this all of the time

**Pupil's Comments:**  
While attempting this skill, I felt:

**Teacher's Comments:**

**Rate your effort level:**  
Light  Moderate  Vigorous