

TEACHING POINTS FOR SIDE STEPPING



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



Knees slightly bent with weight on the balls of the feet



Head stable and eyes focused forward or in the direction travelled



Lead foot steps in the direction travelled

TEACHING POINTS FOR SIDE STEPPING



Free foot follows quickly behind



There should be a brief period where both feet are off the ground



Arms out to the sides for balance



Movement should be rhythmical

EXTERNAL CUES

SIDE-STEPPING



| Teaching Point | External Cue |
|---|---|
| Stand side on with hip and shoulder pointing in the direction of travel | Stand tall on the surfboard and point to where you are going |
| Knees slightly bent with weight on the balls of the feet | The ball of your foot is a bouncy ball |
| Head stable and eyes focused forward or in the direction travelled | Look over your neighbours hedge |
| Lead foot steps in the direction travelled | Step along the narrow path |
| Free foot follows quickly behind | Quickly follow the leader |
| There should be a brief period where both feet are off the ground | Skim over the water |
| Arms out to the sides for balance | Arms out like a scarecrow |
| Movement should be rhythmical | Side-step to the beat of a drum |



Introducing the skill of side stepping

| Try to side step... | Effective questions |
|--|---|
| • and spring high like a kangaroo | <i>Investigate if this is practical.</i> |
| • and stay low like a hobbit | <i>What height should you be at?</i> |
| • with really short side steps | <i>How big should your steps be?</i> |
| • with large long side steps | |
| • while holding hands with a partner, moving in the same direction | |
| • with your hands at your side | <i>What are your hands used for?</i> |
| • without bending your knees | <i>Why should knees be slightly bent?</i> |
| • with hands out to the sides for balance and bending your knees | |
| • in both directions | <i>Investigate which direction is easier.</i> |
| • along a line in the playground/hall | |
| • with a friend or group, playing follow the leader | |
| • using all the correct technique outlined | <i>Let's put it all together!</i> |



This teacher-led exercise encourages guided discovery and allows pupils to identify the correct technique. Effective questioning can help to guide pupils in their learning.

TEACHER OBSERVATION

Common errors and feedback

| Common Errors <i>Éarráid Choitianta</i> | Feedback <i>Aiseolas</i> |
|---|---|
| Looking at the ground or feet | Head up, look forward or in the direction you're travelling, trunk stable |
| Not keeping weight on the ball of the foot | Take off and land on the front of your foot |
| Feet not travelling on the same line or body turning during the slide | Ensure your body faces front and follow your shoulder/hip |
| Trailing leg is 'dragged' or maintains contact with the ground | There should be a period of time where both of your feet are off the ground (just slightly) |
| Issues with balance | Use your arms to help maintain balance |
| Pupils struggle with rhythm or feet cross | Step-together-step-together-step-together |

Side Stepping Rubric

| | Exploring | Developing | Mastering |
|----------|--|---|--|
| Movement | <ul style="list-style-type: none"> • Movement is stiff and lacks rhythm | <ul style="list-style-type: none"> • While more rhythmical, the movement is still not smooth | <ul style="list-style-type: none"> • Smooth rhythmical movement |
| Legs | <ul style="list-style-type: none"> • Not moving on the balls of the feet • Free leg is often dragged | | <ul style="list-style-type: none"> • Hips and shoulders point to the front with head up • Weight is on the balls of the feet |
| Head | <ul style="list-style-type: none"> • Head is down | <ul style="list-style-type: none"> • Head still tends to look down | |
| Flight | | <ul style="list-style-type: none"> • A flight phase is evident | <ul style="list-style-type: none"> • Obvious momentary flight phase |

IDENTIFYING THE STAGES OF DEVELOPMENT

Exploring Stage

Tréimhse taisceálaíochta



At this stage, pupils enjoy experimenting with movement in a sideways direction in a fun, non-competitive environment. Characteristics of side stepping at the exploring stage:

- movement is stiff and lacks rhythm
- not moving on the balls of the feet
- free leg is often dragged
- head is down.

Developing stage

Tréimhse forbraíochta



At this stage, pupils practise side stepping in both directions following a clear pathway. Characteristics of sliding at the developing stage:

- while more rhythmical, the movement is still not smooth
- head still tends to look down
- a flight phase is evident.

Mastering stage

Tréimhse Máistrithe



At this stage, pupils demonstrate the side step proficiently on both sides in changing environments. The skill can be executed in a variety of activities and game settings. Characteristics of side stepping at the mastering stage:

- smooth rhythmical movement
- obvious momentary flight phase
- hips and shoulders point to the front with head up
- weight is on the balls of the feet.