

Take Home Side Stepping B3

1. Practise side stepping at home. Ask a family member to play with you and give them feedback on their side stepping technique.
2. In your PE journal, draw a picture of the correct side stepping technique and list the teaching points beside the picture.
3. In your PE journal, design a playground game that involves side stepping.
4. Practise side stepping in the yard at lunchtime. Pick out landmarks in the yard and create a side stepping course. Draw a map of the course in your PE journal.
5. In pairs, practise throwing and catching while side stepping around the yard. Time how long can you keep going without dropping a ball.
6. Use chalk to draw a Pac Man grid at home or in the yard and play this or a similar game with your friends.
7. Practise side stepping every day this week. List all of the places and ways you practised in your PE journal. Don't forget to practise leading from both feet.
8. Create a movement sequence using side stepping, shapes and balances. Draw the sequence in your PE journal and practise it in the yard with your friends.