



**Many Moves**

**Approach:** Open space

**Focus:** Performing various steps.

**Resources:** 4 bibs.

**Level:** Year 4 and year 8

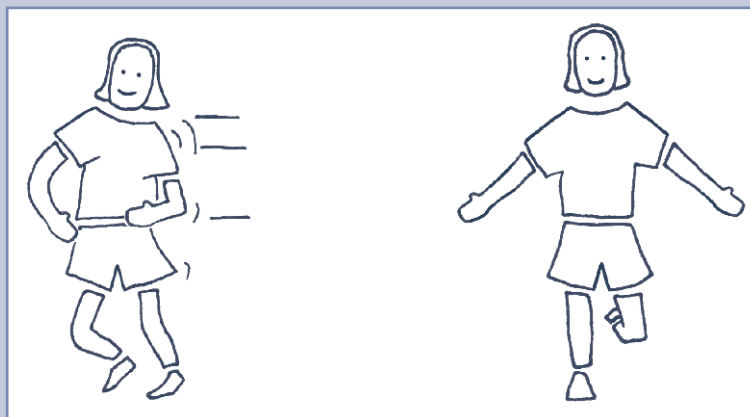
**Questions/instructions:**

Each student stands on a mark.  
[on 3m diameter circle]

Move around the circle for each movement called by the teacher.

Move **outside** the marks on the circle.

- Skip - twice around the circle
- Gallop step - twice around the circle.
- Slip step - twice around the circle.
- Hop - once around the circle (you can change feet).



**Slip Step**

**Hop**

		% responses				% responses	
		y4	y8			y4	y8
<b>Skip:</b>	strong	47	48	<b>Hop:</b>	strong	24	31
	moderate	40	39		moderate	66	58
	weak	9	9		weak	10	11
	not achieved	4	4		not achieved	0	0
<b>Gallop:</b>	strong	13	19	<b>Total score:</b>	11-12	9	21
	moderate	34	39		9-10	29	32
	weak	28	30		7-8	36	32
	not achieved	25	12		5-6	19	11
<b>Slip step:</b>	strong	32	55	0-4	7	4	
	moderate	44	35				
	weak	18	8				
	not achieved	6	2				

**Commentary:**

Students were least able to do a gallop properly. There was little difference between year 4 and year 8 students except in ability to perform slip steps.