

Side-Sliding

Short sideways steps, bringing feet together between each step.



1

Step sideways with lead foot.



2

Slide the back foot towards lead foot until they touch.



3

Step sideways again with lead foot.

Get moving with **MINI MOVES**





SUPERGLUE Slide

Stuck like superglue, side-slide with your friend to the finish line.



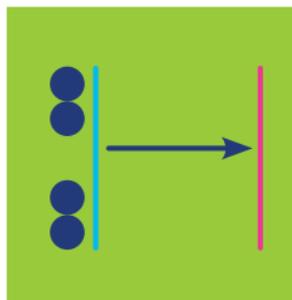
Equipment:
Not required.

Where to play:

-  Outdoors
-  Indoors

Age:
Toddlers & Preschoolers
(2 to 5 years).

What does the game look like?



KEY:

-  2 Children
(back to back)
-  Direction of sliding
-  Start line
-  Finish line



SUPERGLUE Slide

Stuck like superglue, side-slide with your friend to the finish line.

Step 1

Set-up a ten metre track with a clear start and finish line.

Step 2

Put children into pairs, matching children of similar height.

Step 3

Ask each pair to stand back-to-back, linking arms, pretending they are stuck together with 'superglue.'

Step 4

Allow children to practice until they are familiar with being superglued to their partner.

Step 5

Have a superglue side-sliding race and see who's superglue is the strongest and side-slide is the fastest.

Step 6

Pairs who break their superglue or stop side-sliding need to start again.

Tips:

EASIER: Pairs face each other and their hands are superglued together as they side-slide.

HARDER: Pairs side-slide five times forward and then two times backwards until they reach the end.





CRAB, Crab, Rattlesnake



Crab, Crab, Rattlesnake! Side-slide yourself back to your spot.



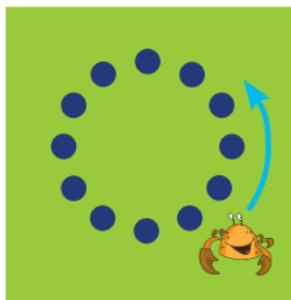
Equipment:
Not required.

Where to play:

-  Outdoors
-  Indoors

Age:
Preschoolers
(3 to 5 years).

What does the game look like?



KEY:

-  Crab
-  Children (side-sliding on the spot)
-  Direction of sliding



CRAB, Crab, Rattlesnake



Crab, Crab, Rattlesnake! Side-slide yourself back to your spot.

Step 1 Explain to children this game is like Duck, Duck, GOOSE but it is called Crab, Crab, RATTLESNAKE because these animals move sideways just like side-sliding.

Step 2 Children stand in a circle and side-step on the spot, right to left and left to right.

Step 3 Nominate a child to be the crab. They side-slide around the circle, tapping each player on the head or shoulder, saying "crab" each time until they tap someone and say "rattlesnake".

Step 4 The rattlesnake side-slides after the crab until the crab reaches the spot where the rattlesnake was standing.

Step 5 The new rattlesnake now has a turn side-sliding around the circle and choosing someone to be the next rattlesnake.

Step 6 Continue until all children have had a turn.



Tips:

EASIER: Children stand still in the circle, without side-stepping on the spot.

HARDER: Have the children in the circle side-sliding one way, while the crab is side-sliding in the opposite direction tapping children. Everyone is moving at once.



CIRCUS Act

We're at the circus, don't look down, side-slide along the tightrope.



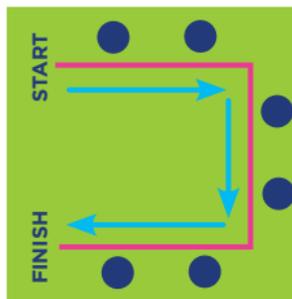
Equipment:
String or chalk

Where to play:

-  Outdoors
-  Indoors

Age:
Toddlers & Preschoolers
(2 to 5 years).

What does the game look like?



KEY:

-  Children (clowns)
-  Tight rope (string/chalk)
-  Direction of sliding



CIRCUS Act

We're at the circus, don't look down, side-slide along the tightrope.

Step 1

Place string along the ground for children to follow.

Step 2

Ask children to pretend they're a clown in a circus balancing act.

Step 3

Children side-slide along the string or chalk line.

Step 4

Call out actions for children to do:

Sample Actions:

- Stop and balance on left leg.
- Stop and balance on right leg.
- Jump and land back on string or chalk.

Step 5

Children who fall off return to the start of the line and try again.



Tips:

EASIER: Children side-slide, one at a time, along the string or chalk until they all reach the end. Children then side-slide back again.

HARDER: Add more string or chalk lines, linking them together to create a course. Ask children to change directions, leading with the other foot.