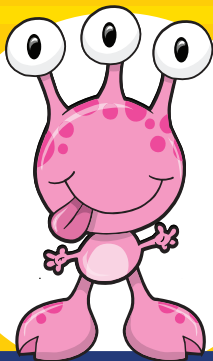


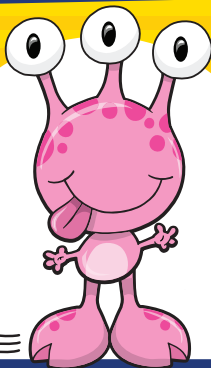
# Side-Sliding

Short sideways steps, bringing feet together between each step.



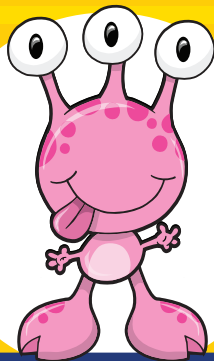
1

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.



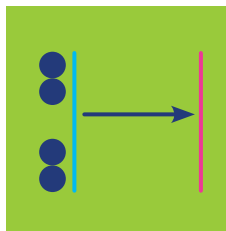
**Equipment:**  
Not required.

**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.

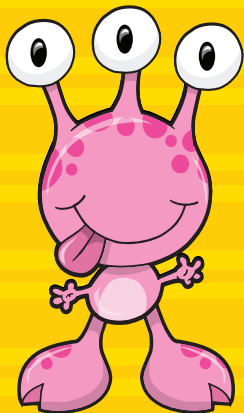




# CRAB, Crab, Rattlesnake



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



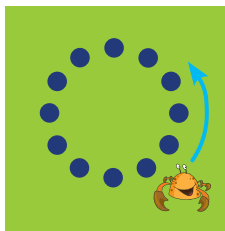
**Equipment:**  
Not required.

**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

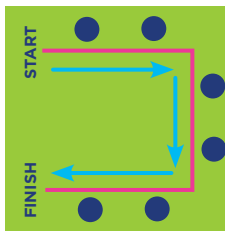
**Where to play:**

 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.