

Galloping is stepping off one foot then sliding with the other foot in a forward direction. Weight is transferred from the front foot to the back foot with a small lift before the front foot takes the next step.

The stepping foot is always the front foot. The arms are bent and swing forward.

The child takes the step forward with the lead foot, followed with the trailing foot landing beside or a little behind the lead foot, not in front of the lead foot.

There is a brief period where both feet come off the ground. The child maintains a rhythmic pattern for four consecutive gallops.

Some common errors that children experience with galloping include: a skipping movement performed instead of galloping and having straight arms through the movement.

Some corrections and verbal cues to address these common errors could include: place a sticker on the child's lead foot to indicate that this foot must always be in front of the trailing foot and instructing children to bend their arms.

Providing a rhythm for the children to gallop to by clapping can also help.