

In an appropriate space, set out markers in a circle shape.

Pair up the children.

One child will be the galloping horse.

Put paper streamers around their waist for the reins.

The other child will be the rider who holds onto the reins and gallops behind the horse.

Remember to swap roles so children get a turn at being both the horse and rider.

Ask the children to gallop around the outside of the circle, weaving in and out around the markers.

Provide a rhythm for the children to gallop to by clapping.