

Bennettsbridge N.S.

Supporting your Child's Learning



#### **Fundamental Movement Skill: Side stepping**

The side step involves the body moving sideways as it faces forwards. It is an important skill in a great deal of sporting activities such as moving from side to side in tennis, squash and badminton, tracking an opponent's movement in rugby or basketball or taking part in a dance routine.

Here is a video clip demonstrating the skill of side stepping. It shows the developmental stages that children go through on their journey to mastering the skill. Click on the link and scroll down to side stepping.

<https://www.scoilnet.ie/pdst/physlit/videos/>

#### **Activities to try at home:**

Click on the link below. These activities may provide opportunities at home to practise the skill of side stepping. <https://vimeo.com/431951683>

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Class Teacher