

Gaits Activity:

Purpose: for the student to understand the coordination of the horse's legs in each gait

Materials:

- scotch tape,
- 1 set of "gait strips" for each student (2 strips numbered "1", 2 strips numbered "2", 1 strip numbered "3", and 1 strip numbered "4")

- 1) Print out one copy of page 2 for each student. (printing on card or cover stock will work better)
- 2) Cut into horizontal strips (so the same number is on each strip) (yes, some numbers are upside-down, that is so the strip can be read in either direction)
- 3) Explain that they will be "*pretending to move like a horse, and the numbered strips will tell them which "leg" to move and in which order*".
- 4) Starting with the walk, tape the gait strips numbered 1 thru 4 to the student's wrists and ankles. They have to use the numbers, in numerical order, to move at a walk in the same way as a horse.































HINT: use the diagrams on the Gaits worksheet to tape the strips on the correct wrist and ankle.

- 5) Change the wrist and ankle strips as needed to have the student try a TROT. (diagonal 1's and 2s.)
- 6) Repeat for the CANTER.
- 7) Repeat for the Gallop.

Don't worry about leads with the canter and gallop unless you think your class is willing & able.

Have extra time? Try a few races.



1		1		1 		1		1
1		1		1 		1		1
2		2		2 		2		2
2		2		2 		2		2
3		3		3 		3		3
4		4		4 		4		4

