

# SIDE SLIDE

Dear Parents and/or Caregivers:

During the second trimester your child will be assessed (CAAP) on their side slide. There are two different styles that will be tested. Kindergarten-2<sup>nd</sup> grade are assessed on a dance style form of slide, 3<sup>rd</sup>-5<sup>th</sup> grade are assessed on a sport style form of slide. The following are teachable points to use to practice and prepare for the assessment.

The following elements of form will be assessed.

A. **SLIDE ACTION:** Step sideways with lead foot and push off so the body becomes airborne landing on the trailing foot at or near the point where the lead foot pushed off.



B. **BODY ORIENTATION:** Hips and shoulders parallel to the direction of travel, weight on the balls of the feet, arms in front of body, waist high, with elbows bent slightly.

C. **MATURE FORM:** Demonstrate the above elements of form with consistency, rhythm, and coordination.

D. **ALTERNATE LEAD FEET:** Demonstrate mature form while changing the lead foot.

E. **READY POSITION:** Knees bent, feet wide apart, hands waist high in front of body, head level, and eyes forward.



F. **SLIDE ACTION (TOE AND HEAD):** Lead toe points in the direction of travel, head is still and level.

G. **MATURE FORM:** Demonstrate the above elements of form with consistency, rhythm, and coordination.

H. **ZIGZAG W/ DROP STEP:** Demonstrate mature form while sliding in a backward zigzag pattern using a drop step to change direction.

## Grade Level Benchmarks:

Kindergarten	A,B,C
First Grade	A, B, C, D
Second Grade	A, B, C, D
Third Grade	E, F
Fourth Grade	E, F ,G
Fifth Grade	E, F, G, H

## Suggestions to Improve Side Slide

Fundamental motor skills are the foundation for all movement. Having proper sliding technique allows children to move and react quicker, improve their performance and be less prone to injuries. It is important for children to become efficient at sliding so they may participate in various lifelong activities. The slide can be broken down into small parts. Children should work on each part of the slide separately, and then try to combine all elements of form together until mastering mature form. The following are common faults and activities to help correct errors in an effort to improve your child's sliding technique. If you have any questions or concerns, please contact your child's physical education specialist.

### 1. Moving flat-footed

- Try to land on toes
- Try to slide as quietly and softly as possible
- Use cue words "heels up"

### 2. Crossing Feet

- Use cue words "slide apart-slide together"
- Face child and have them mirror your actions

### 3. Side stepping too wide or too narrow

- Use spots or tape on floor to mark proper foot placement
- Face child and have them mirror your actions
- Point lead foot in the direction of travel

### 4. Legs too straight

- Place child's hands on their knees
- Use cue words "springy knees"
- Practice "ready position"



### 5. Turning trunk and/or shoulders to face the direction of travel

- Hold hands with student while sliding
- Use verbal cue "shoulders first"
- Toes pointed to the side

### 6. Lead foot pushing off too high

- Use cue words "low and long"
- Work on keeping knees bent
- Try to keep head level (no bobbing up and down like a bobber in the water)

