



CLAP UNDER LEG



INTENSITY

-   Kick leg forward and up and clap under leg
-    Kick leg forward and up with a bounce and clap under leg
-    Kick leg forward and up and clap under leg moving in a circle

WHY?

- Developing bilateral movement

WHERE?

- Classroom
- School hall

WHEN?

- Beginning and end of lessons
- Energiser during lessons

WOW!

- Increase speed of movement
- Increase time spent on movement
- Count how many claps under the leg you can do. Try to beat your score!

Fold along line