



CLOCK LUNGES



INTENSITY

- Using same leg to step around the clock
- Using both legs to step around the clock
- Raising arms while squatting

WHY?

- Developing bilateral coordination
- Encouraging both sides of the brain to communicate effectively

WHERE?

- Classroom
- Corridors
- School hall

WHEN?

- Beginning and end of lessons
- During lessons

WOW!

- Increase the distance between the centre of the clock and the numbers stepped towards
- Step and hold the balance for the count of three then return to the standing position
- Call out different 'o'clock' times for a partner to step towards

Fold along line