



CURLY KICKS



INTENSITY

- Kick feet to bottom, hands on hips
- Kick feet to bottom, swing arms
- Kick feet to bottom, swing arms and bounce

WHY?

- Developing reciprocal bilateral movement
- Developing the use of both sides of the body
- Raising heart rate

WHERE?

- Classroom
- School hall

WHEN?

- Beginning and end of lessons
- Energiser during lessons

WOW!

- Pump your arms at the same speed as your feet are kicking
- Can you do more kicks than a partner?
- Call out different times table questions and kick the answer

Fold along line