



GALLOP



INTENSITY

- Gallop on the spot with same leg leading
- Gallop on the spot switching leading leg
- Gallop round in a small circle

WHY?

- Developing asymmetrical bilateral integration
- Each side of the body acting in a different way to complete a single task
- Raising heart rate

WHERE?

- Classroom
- School hall

WHEN?

- Energiser during lessons
- Transition between lessons

WOW!

- Follow my leader gallop with a partner
- Create zigzag patterns and curves as you gallop
- Gallop the letters of your name across the floor

Fold along line