



GRAPEVINE



INTENSITY

-   Grapevine with hands on hips step across in front of planted foot
-    Grapevine step across behind planted foot
-    Grapevine with hands on hips and add a heel tap

WHY?

-  Crossing the midline
-  Raising heart rate

WHERE?

-  Classroom
-  School hall

WHEN?

-  Beginning and end of lessons
-  Energiser during lessons

WOW!

-  Add a clap at the end of the movement
-  Add a low jump on to two feet at the end of the movement
-  Add a low jump on to two feet and a clap at the end of the movement

Fold along line