



KICK OFF!



INTENSITY

- Kick with one leg
- Kick with alternate legs
- Kick with alternate legs adding a bounce in between

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

WOW!

- Increase time spent kicking
- How many kicks can you do in 30 seconds?
- Add your score to a partner's score. Work together to beat it!

Fold along line