



MARCH ON!



INTENSITY

- ■ ■ Increase speed of marching
- ■ ■ Add a hop as you march
- ■ ■ March up stairs

WHY?

- Develop the ability to use both sides of the body in a coordinated way
- Bilateral coordination
- Raising heart rate

WHERE?

- School hall
- Classroom
- In the corridor

WHEN?

- During lessons
- Transitions between lessons
- Moving around school

WOW!

- Increase speed of marching
- Add a hop as you march
- March around the classroom or along the corridor

Fold along line