



OPPOSITES ATTRACT



INTENSITY

- Touch same side elbow on to knee
- Touch opposite elbow and knee
- Touch opposite elbow and knee with a bounce in your step

WHY?

- Developing reciprocal bilateral movement
- Crossing the midline

WHERE?

- Classroom
- School hall

WHEN?

- Beginning and end of lessons
- Energiser during lessons

WOW!

- Increase speed of movement
- Increase height of bounce between touches of knee and elbow
- Give an example of a word from a word class, e.g. verb, noun or adjective, each time your elbow and knee touch

Fold along line