



REACH FOR THE STARS



INTENSITY

-   Using both arms alternately, reach up to the sky
-    Using both arms alternately, reach up to the sky and across the body
-    Using both arms alternately, reach down and across to opposite toes then reach up and across to the sky

WHY?

- Supporting the development of writing skills by crossing the midline

WHERE?

- Classroom
- School hall

WHEN?

- Beginning and end of lessons
- Energiser during lessons

WOW!

- Stretch as far and as high as you can
- Give a partner a high five as you reach for the sky
- Reach down to your toes, then across your body as far as you can go and finally as high as you can. Repeat for one minute

Fold along line