



SIDE TO SIDE



INTENSITY

- Arms by side
- Hands on hips
- Arms in the direction of step with clap

WHY?

- Developing the ability to use both sides of the body for the same action
- Developing symmetrical bilateral integration

WHERE?

- Classroom
- Corridors
- School hall

WHEN?

- During lessons, moving around the classroom
- Energiser during lessons

WOW!

- Increase speed of stepping
- Increase time spent stepping
- Step side to side in different directions, creating shapes on the floor

Fold along line