



SKIP A BEAT



INTENSITY

- Skip on the spot
- Skip in a small circle
- Skip in a small circle while clapping

WHY?

- Developing 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?

- Beginning and end of lessons
- Energiser during lessons
- Transition between lessons

WOW!

- Drive your knees and arms high into the air
- Skip backwards
- Skip in time to music

Fold along line