



SLIDE TO SLIDE



INTENSITY

-   One-step slide in one direction
-   One-step slide in both directions
-  Two-step slide in both directions lifting arms

WHY?

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

WHERE?

- Classroom
- Corridors
- School hall

WHEN?

- Beginning and end of lessons
- Energiser during lessons

WOW!

- Increase length of the slide (not too wide!)
- Increase time spent sliding
- Swing your arms in a big circle across the front of your body as you slide side to side

Fold along line