



# SPOTTY DOG



## INTENSITY

- Arms by your side
- Hands on your hips
- Swing arms fluently with legs

## 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

## WOW!

- Swing arms in time with leg movement
- Increase speed of spotty dogs
- ¼ turn each time to perform the spotty dog action towards all four walls of the room

Fold along line