



JOG ON!



INTENSITY

- Low arms, low knees
- High arms, low knees
- High arms, high knees

WHY?

- Developing reciprocal bilateral movement
- Moving both sides of the body at the same time in opposite directions
- Raising heart rate

WHERE?

- Classroom
- School hall

WHEN?

- Energiser during lessons
- Transition between lessons

WOW!

- Increase time of jogging
- Increase distance jogged
- Jog in time to music

Fold along line