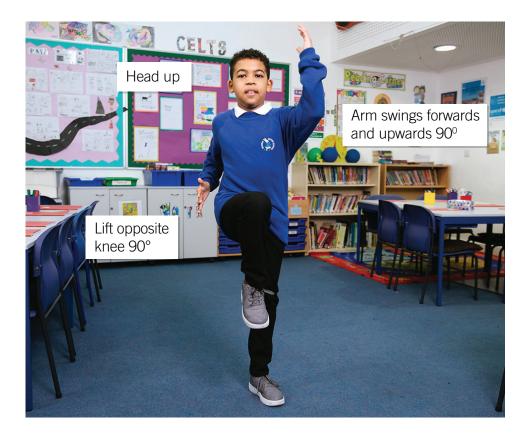
ACTIVE KIDS DO BETTER

ACTIVE CLASSROOM



MARCH ON!



INTENSITY

Increase speed of marching

Add a hop as you march

March up stairs

WHY?

- Develop the ability to use both sides of the body in a coordinated way
- Bilateral coordination
- Raising heart rate

WHERE?

- School hall
- Classroom
- In the corridor

WHEN?

- Energiser during lessons
- Transitions between lessons
- Moving around school

WOW!

- Increase speed of marching
- Add a hop as you march
- March around the classroom or along the corridor



