



# 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

Fold along line