



# SIDE TO SIDE



## INTENSITY

- Arms by side
- Hands on hips
- Arms in the direction of step with clap

## WHY?

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

## WHERE?

- Classroom
- Corridors
- School hall

## WHEN?

- During lessons, moving around the classroom
- Energiser during lessons

## WOW!

- Increase speed of stepping
- Increase time spent stepping
- Step side to side in different directions, creating shapes on the floor

Fold along line