



WIGGLE



INTENSITY

- Wiggle on the spot
- Wiggle as you bend your knees and lower your body
- Wiggle as you bend down and as you rise to a standing position

WHY?

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

WHERE?

- Classroom
- School hall

WHEN?

- Beginning and end of lessons
- Energiser during lessons

WOW!

- Wiggle until you lose your balance
- Can you wiggle longer than a partner?
- Wiggle along to music

Fold along line