CLAP UNDER LEG

**WHY?**
- Developing bilateral movement

**WHERE?**
- Classroom
- School hall

**WHEN?**
- Beginning and end of lessons
- Energiser during lessons

**WOW!**
- Increase speed of movement
- Increase time spent on movement
- Count how many claps under the leg you can do. Try to beat your score!

**INTENSITY**

- Kick leg forward and up and clap under leg
- Kick leg forward and up with a bounce and clap under leg
- Kick leg forward and up and clap under leg while moving in a circle

**Head up**

**Bend knees slightly, kick up and forward**

**Clap hands under leg**

**Work on balls of feet**