GALLOP

WHY?
- Developing asymmetrical bilateral integration
- Each side of the body acting in a different way to complete a single task
- Raising heart rate

WHERE?
- Classroom
- School hall

WHEN?
- Energiser during lessons
- Transition between lessons

WOW!
- Follow my leader gallop with a partner
- Create zigzag patterns and curves as you gallop
- Gallop the letters of your name across the floor

INTENSITY
- Gallop on the spot with same leg leading
- Gallop on the spot switching leading leg
- Gallop round in a small circle

Fold along line
Right leg in front of left leg
Back straight
Head up
Kick right foot in front, followed by the left
Right leg in front of left leg

WHEN?
Energiser during lessons
Transition between lessons

WHERE?
Classroom
School hall

WOW!
Follow my leader gallop with a partner
Create zigzag patterns and curves as you gallop
Galloping the letters of your name across the floor

ACTIVE KIDS DO BETTER
ACTIVE CLASSROOM

30 SECONDS

Gallop

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