ACTIVE KIDS DO BETTER
ACTORY CLASSROOM

JOG ON!

WHY?
- Developing reciprocal bilateral movement
- Moving both sides of the body at the same time in opposite directions
- Raising heart rate

WHERE?
- Classroom
- School hall

WHEN?
- Energiser during lessons
- Transition between lessons

WOW!
- Increase time of jogging
- Increase distance jogged
- Jog in time to music

INTENSITY
- Low arms, low knees
- High arms, low knees
- High arms, high knees