Active Kids Do Better

Active Classroom

Kick Off!

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

WOW!
- Increase time spent kicking
- How many kicks can you do in 30 seconds?
- Add your score to a partner’s score. Work together to beat it!

Intensity
- Kick with one leg
- Kick with alternate legs
- Kick with alternate legs adding a bounce inbetween

Head up

Feet shoulder-width apart

Kick foot out from knee

Work on balls of feet

Made to Play
Discovery Education