MARCH ON!

WHY?
- Develop the ability to use both sides of the body in a coordinated way
- Bilateral coordination
- Raising heart rate

WHERE?
- School hall
- Classroom
- In the corridor

WHEN?
- Energiser during lessons
- Transitions between lessons
- Moving around school

WOW!
- Increase speed of marching
- Add a hop as you march
- March around the classroom or along the corridor

INTENSITY
- Red: Increase speed of marching
- Orange: Add a hop as you march
- Black: March up stairs