REACH FOR THE STARS

**Head up**
- Reach right arm up to the left
- Reach down and across to opposite toes then reach up and across to the sky

**Feet shoulder-width apart**
- Tap right toe
- Repeat with left side

**WOW!**
- Stretch as far and as high as you can
- Give a partner a high five as you reach for the sky
- Reach down to your toes, then across your body as far as you can go and finally as high as you can. Repeat for one minute

**WHY?**
- Supporting the development of writing skills by crossing the midline

**WHERE?**
- Classroom
- School hall

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

**INTENSITY**
- Using both arms alternately, reach up to the sky
- Using both arms alternately, reach up to the sky and across the body
- Using both arms alternately, reach down and across to opposite toes then reach up and across to the sky