ACTIVE KIDS DO BETTER

ACTIVE CLASSROOM

SIDE TO SIDE

WHY?
- Developing the ability to use both sides of the body for the same action
- Developing symmetrical bilateral integration

WHERE?
- Classroom
- Corridors
- School hall

WHEN?
- During lessons, moving around the classroom
- Energiser during lessons

WOW!
- Increase speed of stepping
- Increase time spent stepping
- Step side to side in different directions, creating shapes on the floor

INTENSITY
- Arms by side
- Hands on hips
- Arms in the direction of step with clap

Foldalong Inc.