SPOTTY DOG

**WHY?**
- Developing 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?**
- Beginning and end of lessons
- Energiser during lessons

**WOW!**
- Swing arms in time with leg movement
- Increase speed of spotty dogs
- Quarter turn each time to perform the spotty dog action towards all four walls of the room

**INTENSITY**
- Arms by your side
- Hands on your hips
- Swing arms fluently with legs

Start in stride position
Head up
Back straight
Jump and switch lead leg
Work on balls of feet