WIGGLE

WHY?
- Developing reciprocal bilateral movement
- Moving both sides of the body at the same time in opposite directions

WHERE?
- Classroom
- School hall

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

WOW!
- Wiggle until you lose your balance
- Can you wiggle longer than a partner?
- Wiggle along to music

INTENSITY
- Light: Wiggle on the spot
- Moderate: Wiggle as you bend your knees and lower your body
- Intense: Wiggle as you bend down and as you rise to a standing position