FORWARD AND BACK

WHY?
- Developing the use of both sides of the body
- Developing bilateral movement

WHERE?
- Classroom
- School hall

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

WOW!
- Can you dip at the knee on your base leg as you tap your toe?
- Can you keep in time with music as you step?
- Can you step at the same time as a partner?

INTENSITY
- Hold arms out to the side to balance
- Hands on hips
- Swing arms so opposite arm comes forward in time with opposite leg