**ACTIVE KIDS DO BETTER**

**ACTIVE CLASSROOM**

**HEEL TAP**

- Head and chin up
- Base leg bent at the knee
- Kick forward and tap heel on the floor, swapping leg each time

**WHY?**
- Developing bilateral movement
- Each side of the body acting in a different way to complete a single task

**WHERE?**
- Classroom
- School hall

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

**WOW!**
- Heel tap and swing arms across the body, adding a bounce
- Can you heel tap in time with your friends to music?
- Ask a partner a calculation. Can they heel tap the answer?

**INTENSITY**

- Heel tap forward using arms to balance
- Heel tap forward hands on hips, short dip on base leg
- Heel tap forward, arms out to the sides, deeper dip on base leg