**Active Kids Do Better**

**Active Classroom**

**Hip Lift**

- Head and chin up
- Back straight
- Lift hip upwards alternately
- Feet shoulder-width apart

**Why?**
- Developing bilateral movement
- Strengthening the core
- Developing the use of both sides of the body

**Where?**
- Classroom
- School hall

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

**Wow!**
- Increase bend in the knee before you lift your hip
- Combine alternate hip lifts with same side hip lifts
- Hip lift while reciting times tables

**Intensity**
- Shift weight to base foot, lifting up onto toe
- Shift weight to base foot, lift hip, lifting up onto toe
- Bend knees, shift weight to base foot, lift hip, lifting up onto toe