SILLY SAILOR

**WHY?**
- Raising the heart rate
- Developing asymmetrical bilateral integration

**WHERE?**
- Classroom
- School hall

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

**WOW!**
- Increase speed of movement
- Try to ‘Silly sailor’ in time with friends
- Make up ‘Silly sailor sentences’ to say while performing the movement, e.g. Pirate Polly patted her parrot.

**INTENSITY**

- Arms by sides bent at elbow, hop and kick sideways alternately
- Arms by sides bent at elbow, kick sideways alternately
- Arms pulling up and pushing down in front of body, kick sideways alternately

**Instructions:**
- Fold along line
- Head and chin up
- Bending at the knee, kick feet out upwards and sideways
- Feet shoulder-width apart