TWINKLE TOES

WHY?
- Raising heart rate
- Crossing the midline

WHERE?
- Classroom
- School hall

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

WOW!
- Increase time for the activity
- Perform the movement counting in steps of a number, e.g. 2s, 10s, 50s
- Create a sequence and teach it to a friend

INTENSITY
- Lift feet up alternately, bending at knee and touching toes with opposite hand
- Lift feet up alternately, bending at the knee across the body or outwards, touching toes with the opposite or same hand
- Lift feet up alternately, bending at the knee across the body, touching toes with the opposite hand and with a bounce