

Name of exercise	Knee accent on 3
Description of exercise	<p>Begin with running freely in the gym</p> <p>Then count the steps that are being taken</p> <p>When you reach step number 3 you lift the non-standing leg a little higher to make an 'accent' then you repeat this action on every third step</p> <p>Once you have established the rhythm of the accent, you then count the number of accents and make a double clap on the third accent.</p> <p>Then you vary the direction of travel to include forwards, backwards and sideways movements, while making an accent on the third step, and also on the third accent.</p>
Key themes that this exercise can support	Balance and coordination and sequencing
Emphasised at	Second and Third level
Appropriate for	First – Fourth levels