

Name of exercise	Opposite-opposite-same
Description of exercise	<p>Begin by running freely using all of the space, and with a knee accent on every third step</p> <p>Then add a sequence of coordinated arm movements</p> <p>On the first knee accent, use the opposite hand to touch the shoulder of the accent side (i.e. if the right knee is accented then the left hand touches right shoulder)</p> <p>On the next knee accent repeat the action to touch the opposite hand to shoulder</p> <p>On the third knee accent, raise and lower the same arm as the knee being accented, matching the rhythm of the accent</p>
Key themes that this exercise can support	Balance, coordination, rhythm, and sequencing
Emphasised at	Second and Third Levels
Appropriate for	First – Fourth levels

Back to [Scaffolding practices](#) page.