

Name of exercise	Moving and thinking
Description of exercise	<p>Start with running around the gym – not in a circle</p> <p>Try running on the heels</p> <p>Try running on the tiptoes</p> <p>Try running on one heel and one toe</p> <p>Try running on one heel and one toe, while counting the steps being taken – at the number 6 change the heel-toe pattern to the opposite feet.</p> <p>Add variety with skipping and side steps and arm swings while continuing to move freely about the space</p>
Key themes that this exercise can support	Balance and coordination
Emphasised at	Early and First levels
Appropriate for	Early – Fourth levels

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