

37. At the bus stop

KS1, KS2

- ◆ Waiting in line is time-wasting but sometimes unavoidable. Avoid tedium with an on-the-spot exercise.
- ◆ On Monday morning, decide on and demonstrate a keep-fit exercise of the week: for example, 15 shoulder shrugs or trunk twists.
- ◆ Display a stick person diagram to remind the children of the exercise.
- ◆ Encourage the children to do the exercise when they join the line and wait for others.
- ◆ Do they feel more supple by the end of the week?

