



Double-cross

EQUIPMENT

None

BEFORE

It is helpful if students are familiar with "[Crossovers](#)" and "[Crossover march](#)"

AFTER

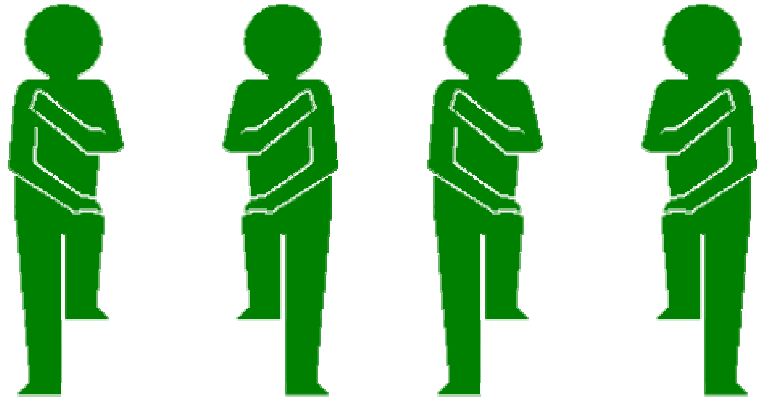
See also:
["Clap-partners"](#)
["Cross-kicker"](#)
["Crossover clappity"](#)
["Ears and noses"](#)
["Heads and Tums"](#)
["Twos and threes"](#)

DESCRIPTION

Students stand for this activity and will need a little space.

Start by marching at a steady speed, lifting knees high. Once the rhythm is established, students tap their lifted knees with the opposite hand. (Right hand to left knee - left hand to right knee - etc.) This is the basic "Crossover march".

Once this rhythm is established, students move their free hand across their chest to tap the opposite shoulder.



This activity can be performed as the background to students reciting multiplication tables or counting up in multiples.



LOGICAL



MUSICAL



INTRA-PERS.



PHYSICAL



LINGUISTIC



INTER-PERS.



NATURALIST



VISUAL