

## 1. Head, Shoulders, Knees and Toes

### Description

Invite pupils to stand on a spot marker and to tap each of the following body parts with their hands 8 times:

- feet
- knees
- hips
- shoulders.

Repeat the whole sequence again for four counts and then for two counts. Try to keep an even beat.

Invite pupils to choose three actions to complete for 8 counts. These could include jumping on the spot, wiggling hips, raising arms up and down. Repeat the sequence four times trying to keep an even beat.

Combine the two parts together to form a dance.

### Equipment

- Spot Markers

### Variations

- Count aloud to ensure all pupils perform the activity together.
- Invite pupils to create their own movements e.g. shrug shoulders, nod head, bend knees, tap toes.

