

5. Move to the Music

Description

Arrange pupils on their own spot marker in a large circle. Play the music and invite the pupils to listen to the beat of the music. Teacher calls the following actions and pupils complete the action for a count of 16 beats, then change to the next movement:

1. Clap hands,
2. Tap knees,
3. Tap shoulders,
4. Punch the air with both hands,
5. March on the spot and swing arms,
6. Skip around their spot marker.

Equipment

- Spot Markers

Variations

- Repeat the first two actions several times until pupils become familiar with them.
- Challenge small groups of pupils to create their own sequence to perform for the class.

