

16. Twist and Shout

Description

Invite pupils to find a space in the playing area while the music is playing. When the song says 'Twist' pupils must jump and rotate in the air, land safely and continue moving around. When the song says 'Shout' all pupils must jump up as high as they can and shout as loud as they can.

Equipment

- Music 'Twist and Shout'

Variations

- Invite pupils to alter the type of jump.
- Jump for distance rather than height.
- Vary the locomotor skill used like hop, skip etc.

