Move to the Beat Extravaganza
Home Physical Education

How to play:
- On the spot can you start by clapping in time to the music? Clap for 8 counts.
- After 8 claps, can you jump on the spot for 8 counts? Then can you jog around the space for 8 counts?
- Challenge yourself to add a final movement for 8 counts, then repeat.
- To make it harder, can you perform movements that take 8 counts to complete but do not require 8 individual counts e.g. a slide left (4 counts) a slide right (4 counts).

Top Tips
Listen for a beat
When trying to listen for a beat, make sure you give the piece of music all of your attention. Use headphones or move to a quiet environment with no noise interruptions.

Let’s Reflect
Did you keep trying to improve your routine?
Did you challenge yourself to create harder movements?

Can you try quicker and slower music? Which is harder?
Can you teach your routine to someone else using clear instructions?