Move to the Beat
Home Physical Education

How to play:
• On the spot can you start by clapping in time to the music?
• Keep clapping but can you now move your feet in time to the music by marching on the spot?
• Now can you start to walk around the space by clapping and walking in time to the music?
• Challenge yourself to add new movements like heel flicks, side steps, knees up, spins, turns. Can you do these in time to the music?

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
What different movement ideas did you come up with?
Could you concentrate and move in time to the beat?

Can you keep trying to improve your performance?
Can you try quicker and slower music? Which is harder?