



## PE Lesson:

# MUSIC: MOVE TO THE BEAT EXTRAVAGANZA

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)

Can you teach your routine to someone else using clear instructions?

Can you try quicker and slower music? Which is harder?



## 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.

## Lets Reflect

Did you keep trying to improve your routine?

Did you challenge yourself to create harder movements?