



PE Lesson:

MUSIC: MOVE TO THE BEAT

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?**

Can you keep trying to improve your performance?

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

What different movement ideas did you come up with?

Could you concentrate and move in time to the beat?