



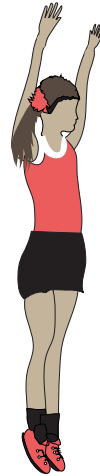
Move to the Beat Extravaganza PE Home Learning



Can you keep focused on the beat, even if you find it difficult?

Time to Learn:

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



Use slower pieces of music.

As you get more confident try faster pieces of music.



Use faster pieces of music.

You will have to really focus so you can still move to the beat.



Create your own sequence of movements and share them with another family member.



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?
How did you challenge yourself to create harder movements?