

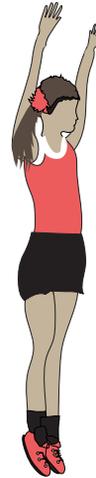
# Move to the Beat Extravaganza

## Home Physical Education

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

### 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).



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

### 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?