

Arm Dance

Teacher plays some upbeat music. Pupils sit on, or stand behind, their chairs. Teacher leads the following upper body actions.

- **Monkey:** Reach arms up and down pretending to climb a vine/tree.
- **Horse:** Pretend to hold your reins and bounce up and down.
- **Swim:** Move arms like you are swimming (front crawl, breaststroke, doggy paddle, back stroke).
- **Hitch-hike:** Stick up thumb of right hand and move it back and forth in front of body. Repeat with left hand.
- **Twist:** Bend elbows with hands on shoulders and twist body at waist.
- **Funky Chicken:** Make arms like wings and flap up and down.
- **Batman:** Make V's with fingers and sweep in front of your eyes in the shape of batman's mask (without touching your face).



TOP TIP

Encourage pupils to come up with their own ideas for upper body actions.

Learning across the Curriculum

This Bizzy Break can be used as a starting point to explore **healthy growth and development**. You might like to try the below activities.

Science

Strand: Living things
Strand Unit: Myself

- Identifying different body parts (or muscles) and the senses.

SPHE

Strand: Myself
Strand Unit: Taking care of my body

- Exploring the different things that the body can do (breathing, feeling, thinking, making energy etc.)