

Pencil Jumps

Pupils stand behind chairs with enough space to jump.

Equipment:

One pencil per pupil.

Sideways jumps: Pupils place their pencils on the floor beside them vertically (like a number one).

- Bounce side to side from one foot to the other.
- Jump with two feet together, side to side over pencil.
- Hop on one foot, side to side. Swap feet and hop side to side on other foot.

Forwards and backwards jumps: Pupils place their pencils on the floor in front of them horizontally (like a minus sign).

- Rock from one foot to the other over the pencil, forward and back. Swap feet.
- Jump with two feet together, over the pencil and back.
- Split bounce (from Bizzy Breaks poster) over pencil.
- Hop on one foot, over and back. Swap feet and hop on other foot.

Use arms to help the jumps.



TOP TIP

Encourage pupils to create different jumping patterns over the pencil.

Learning across the Curriculum

This Bizzy Break can be used as a starting point to explore **positional language** and **spatial awareness**. You might like to try the below activities.



Strand: Oral language
Learning Outcome:
(5) Vocabulary

- Playing “Simon Says” using positional language or “I Spy” with prepositions to describe the location of objects.



Strand: Shape and space
Strand Unit:
Spatial awareness

- Pupils discussing who sits behind, in front of, beside, near and far from them, with or without eyes closed.