

Hand Jive

Pupils stand in pairs within their pods, as far apart from their partner as is practicable. Teacher calls out one movement at a time from the list below and partners complete the movement, without touching their partner. Movements are called out in the order provided.

All movements should be completed without partners touching:

- 1 High five right hand
- 2 High five left hand
- 3 Low five right hand
- 4 Low five left hand
- 5 High ten
- 6 Low ten
- 7 Turn around
- 8 Backwards high ten
- 9 Backwards low ten
- 10 Tunnel ten (facing away from each other and feet apart, reach between knees like hitting a low ten)
- 11 Sole of shoes right
- 12 Sole of shoes left
- 13 Elbow right
- 14 Elbow left

Partners repeat the movements beginning with the first movement each time. Pupils practise the full sequence and see how fast they can perform the sequence with accuracy.

Learning across the Curriculum

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



Strand: Myself and others
Strand Unit: Relating to others

- Thinking about the benefits and challenges of working as part of a team.



Strand: Shape and space
Strand Unit: Spatial awareness/Symmetry

- Exploring symmetry, angles and shapes created with these and other body movements.