

Step Sequence

With music playing, teacher calls out different movements for pupils to perform. Count eight beats for each movement (whole class count out loud together). Change to the next action after eight beats, then repeat each of the previous movements in sequence.

Marching on the spot.

Jumping Jacks (jumping jacks → marching).

Twisting from the waist with hands on hips (twisting → jumping jacks → marching).

Jogging on the spot (jogging → twisting → jumping jacks → marching).

Knee Lifts with arms out in front (knee lifts → jogging → twisting → jumping jacks → marching).

Split Bounce one leg in front and one behind, jump and swap legs (split bounce → knee lifts → jogging → twisting → jumping jacks → marching).

Side Stepping (side stepping → split bounce → knee lifts → jogging → twisting → jumping jacks → marching).

Marching

Jumping Jacks

Twisting

Jogging

Knee Lifts

Split Bounce

Side Stepping

TOP TIP

The number of actions included should be appropriate to the level of the class; use only the first 3-4 movements for a shorter and less challenging movement break.

Learning across the Curriculum

This Bizzy Break can be used as a starting point to explore **what our bodies need to be healthy**. You might like to try the below activities.

SPHE

Strand: Myself
Strand Unit: Taking care of my body

- Discussing things that our bodies need to keep healthy.

Maths

Strand: Data
Strand Unit: Representing and interpreting data

- Conducting a survey to see how many days per week pupils in the class meet the physical activity recommendations of 60 minutes per day. Tally the total number and plot results on a bar chart of 0-7 days per week.