

Hand Jive

Pupils stand behind their chairs, in pairs facing each other. Teacher calls out one task at a time from the list below and partners complete this task. Tasks are called out in the order provided.

Tasks:

- | | |
|------------------------|---|
| 1 High five right hand | 9 Backwards low ten |
| 2 High five left hand | 10 Tunnel ten (back to back and feet apart, reach between knees to hit low ten) |
| 3 Low five right hand | 11 Sole of shoes right |
| 4 Low five left hand | 12 Sole of shoes left |
| 5 High ten | 13 Elbow right |
| 6 Low ten | 14 Elbow left |
| 7 Turn around | |
| 8 Backwards high ten | |

Partners repeat the tasks beginning with the first task 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.

SPHE

Strand: Myself and others
Strand Unit: Relating to others

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

Maths

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

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