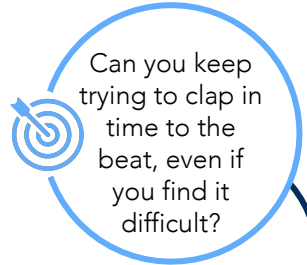




# Move to the Beat PE Home Learning



Can you keep trying to clap in time to the beat, even if you find it difficult?

## Time to Learn:


- Play some music and on the spot can you start by clapping in time to the music?
- Keep clapping but can you now move your feet in time to the music by marching on the spot?
- Now can you start to walk around the space by clapping and walking in time to the music?
- Challenge yourself to add new movements like heel flicks, side steps, knees up, spins, turns. Can you do these in time to the music?



**Use slower pieces of music.**  
As you get more confident try faster pieces of music.



**Use faster pieces of music.**  
You will have to really focus so you can still move to the beat.



Create your own sequence of movements and share them with another family member.

## Top Tips

### Listen for a beat

- When trying to listen for a beat, make sure you give the piece of music all of your attention. Use headphones or move to a quiet environment with no noise interruptions.



## Let's Reflect

What different movement ideas did you come up with?  
Could you concentrate and move in time to the beat?