



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.

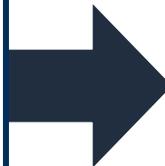
Use faster pieces of music.
You will have to really focus so you can still move to the beat.

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?