

Bop it



Get Set 4 P.E.

What you need: A space, music

How to play:

Teach the children each of the following actions to play the game:

- **Bend it:** bend your knees on the spot.
- **Twist it:** twist your body to face the other direction. Keep your feet in the same position.
- **Spin it:** spin around once on the spot.
- **Shake it:** shake your body from head to toe.
- **Bop it:** jump on the spot.

Play the game with music and ask the children to continue completing the action until you call the next one.

Encourage the children to try to do their actions to the beat of the music.

Can they think of other body parts to bend, twist, spin on or shake?

