

Delivery notes

Warm-up: Heads, shoulders, knees and toes

10 minutes

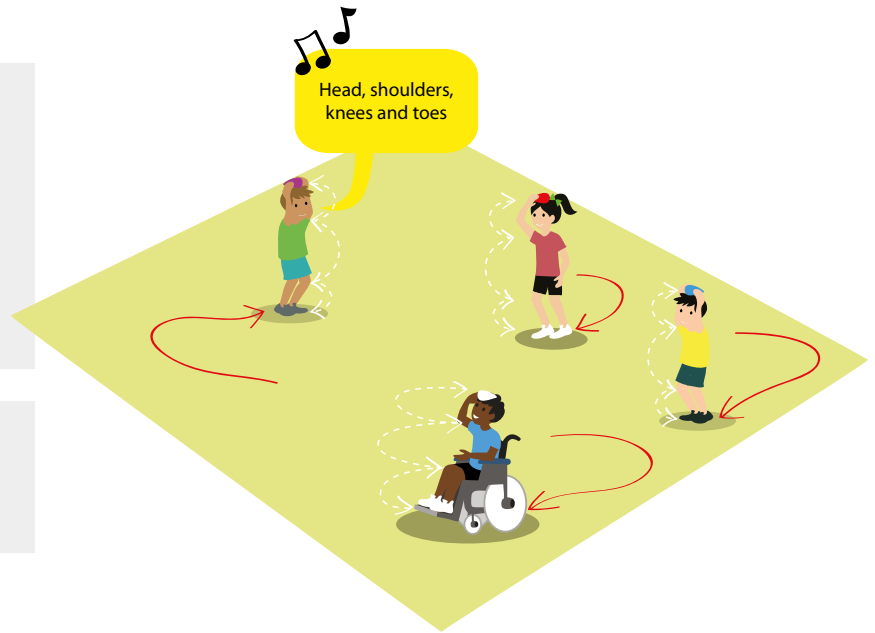
Learning outcome(s):

Pupils will be able to:

- describe what happens to the body during a warm-up activity.

Resources required:

- One small bean bag per pupil.



Delivery notes:

1. Pupils carry a bean bag, continuously passing it from hand to hand as they travel around the activity area. As a class they count down from 10 down to 1, then stand still.
2. On the spot, they slowly sing the first verse of, 'Heads, shoulders, knees and toes': *Heads, shoulders, knees and toes, knees and toes. Heads, shoulders, knees and toes, knees and toes.* In time with the rhyme, the bean bag goes on their head, a shoulder, between their knees, and on the toes of one foot.
3. On the next verse, pupils carry their bean bag around passing from hand to hand as before and continue singing: *'And eyes and ears and mouth and nose.'* Pupils stop and repeat bean bag movements on: *'Heads, shoulders, knees and toes, knees and toes.'*

Adding a challenge:

To make the activity more challenging, pupils can drop the bean bag from their head or shoulders, and from between their knees. Each time they aim to catch it with the next body part. When on the toes, they try to flick it up and catch it.

When ready, pupils can repeat the above but travel during the rhyme, balancing the bean bag on their head, shoulders and toes, and waddling with the bean bag between the knees.