

Head, Shoulders, Knees & Toes



Brain break



5 minutes



Instructions

This active break can be used for transitioning between subjects, following a hard topic or after long periods of sitting. Only a small space is required. Ask your pupils to follow along to “head”, “shoulders”, “knees” and “toes”.

Health & Safety

- Ensure floors are clear of trip hazards before taking part in any activity.
- Ensure pupils leave stationary on the table.
- Remind pupils of their own spatial awareness.
- Give clear instructions.

Teacher Tips

This activity is suited to all ages.

Foundation: can be turned into a sing along with the corresponding actions to follow as pupils copy the teacher.

KS1 & KS2: increase difficulty by adding “eyes, ears, mouth and nose and even floor”. Try and trick pupils by calling head, but placing hands on knees. You can also try to increase the speed at which you call out instructions to and see who is listening carefully.

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Ask pupils to find a space in the classroom where they can see you very clearly. Explain they will be playing “head, shoulders, knees and toes”, but with a difference.

Foundation Examples:

Sing along with your class while doing the actions and ask the class copy along with you. This can be sped up slightly after one round and see how fast they can be, or even slow it down.

Key Stage 1 & 2 Examples:

While doing the actions to “head, shoulders, knees and toes” add in the rest of the body parts. To increase the difficulty try introducing the floor, when pupils might already have their hands on their knees and they can touch the floor when instructed. You may also like to try and trick your class by saying “toes”, but touching your shoulders instead. Change the speed at which you are giving instructions for example speed it up or slow it down. Also possible to add a competitive element, see if they can beat their teacher, tables or peers.

