

Dance Break



Cardio Booster



5 minutes



Instructions

This activity requires a small amount of space for pupils to move on the spot. Teachers choose a suitable song for their class and for the duration of the song pupils can dance or move how they feel along with the beat of the music. Encourage your pupils during this time to use any forms of movement that keeps them on their feet.

Health & Safety

- Ensure ground is clear before taking part in any activity
- Ensure pupils leave all stationary on their desks
- Remind pupils of their own spatial awareness
- Give clear instructions



Teacher Tips

This activity is suited to all ages. Song choices may differ for example nursesey rhymes might be more suitable to foundation pupils, whereas KS1 & KS2 may prefer popular pop songs. This break can also be suited to Halloween or Christmas time with different song choices.