

Heel Slap



Cardio Booster



2-5 minutes



Small space required



Instructions

Instruct pupils to either jog on the spot or march depending on suitability. Pupils stand with their arms by their sides, palms facing behind them. The idea is to tap their heel on the palm of their own hand. Direct your pupils by shouting left or right. Music can be used to motivate pupils in the background. Teachers can decide on the length of time of this active break.

Health & Safety

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

Teacher Tips

This activity is suited to all ages.

Foundation: Pupils may need to follow along with a demonstration

KS1: In addition to left and right instructions you can ask pupils to freeze

KS2: To increase difficulty you can ask pupils to: jog on spot, increase speed, decrease speed and freeze



Don't forget to encourage your pupils throughout the active break.

Chest
Heart &
Stroke