

Up You Pop



Lively Lesson



5 minutes



Instructions

Instruct pupils to stand if the statement that you call out applies to them. For example: stand if you have brown hair etc. This simple sit to stand exercise requires very little space and no equipment. The statements can increase in difficulty as the age groups increase. Use your imagination and create an interactive atmosphere, where discussions about topics can be made.

Health & Safety

- Ensure floors are clear of trip hazards before taking part in any activity
- Remind pupils of their own spatial awareness
- Give clear instructions
- Leave all stationary on tables

Teacher Tips

This activity is suited to all ages. See activity sheet for more information.



**Chest
Heart &
Stroke**

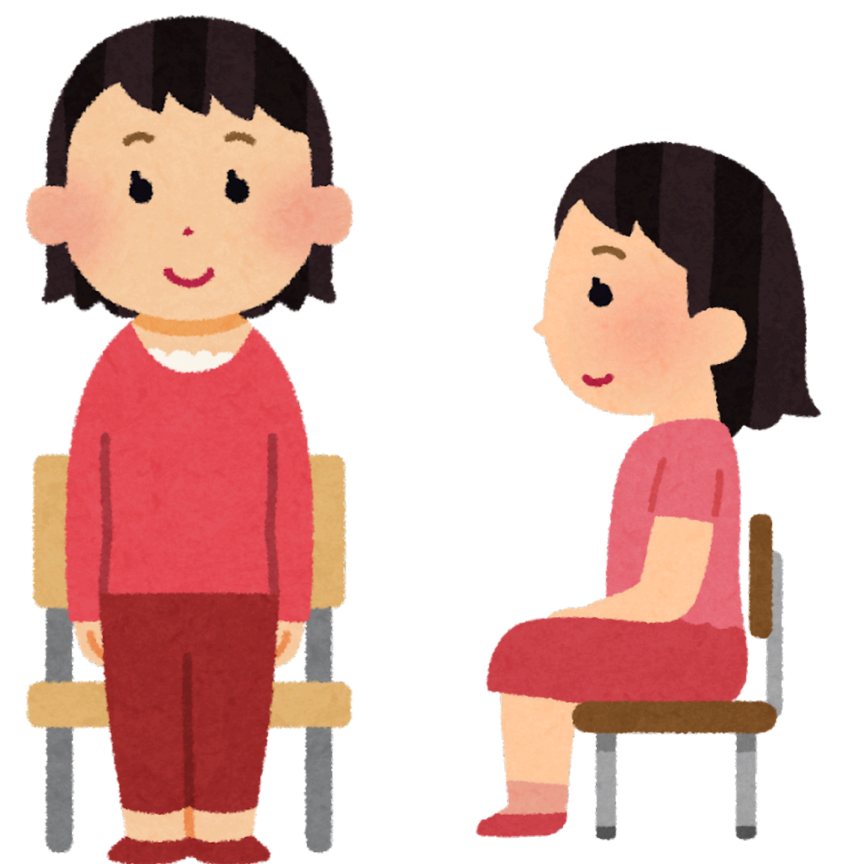
Up You Pop

This activity can be used to test pupils knowledge of current topics and serve as a break between lessons. Call out different statements and pupils must answer by standing.

Foundation Examples:

For Foundation this active break would serve as a good break between hard topics/lessons. Stand if:

- You have (colour) hair/eyes
- You like cats/dogs/horses/birds
- Your name begins with...
- You like to play games



Key Stage 1 Examples:

For KS1 topics can include Literacy, Numeracy, The World Around Us, Stand if:

- You can spell (insert topic word)
- You know the next number in the sequence eg. 10, 20...
- You can name a type of energy source
- You can name an animal that changes colour to camouflage itself

Key Stage 2 Examples:

For KS2 topics can include Literacy. The World Around Us, Stand if:

- You can spell (topic word) or describe the word eg. "Hello" in French
- You know the answer to 5×9 (current tables)
- You know what time Romans/Vikings/Irish Famine was
- You can tell me the life cycle of a...

