

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