

Five creative ways to... energise the class

1. Star jumps x spotty dogs

Do five star jumps (arms and legs out to the side as you jump). Do five spotty dogs (arms and legs forwards and backwards as you jump). Once everyone has practised them you can switch it up. Start with star jumps, but call 'switch legs', followed by 'switch arms'. Arms and legs should be then going in opposite directions.

Keep switching.

2. Touch five things

Everyone has a minute to find and touch (or point at) the five things you call out. For example, 'Something blue, something red, something green, something yellow, something purple' or 'Something made of wood, plastic, metal, fabric and glass'. You don't have to give them a time limit, just agree a signal for what they should do when they've completed it – like all come back to the carpet. Then give points for everyone who succeeds.

3. Bananas of the world

The whole class performs these actions with you. With your arms by your side swing them round to clap hands above your head slowly as you say 'Bananas of the world unite'. With your hands still above your head say, 'Peel banana, peel, peel, banana' as your arms mime the action of banana skin being peeled. Then 'Shake banana, shake, shake banana' as you shake your arms. Then 'Go bananas, go, go, bananas' as you jump around. Finish with one final clap as you say 'Bananas of the world unite'.

4. Call and response

You are the leader and explain each call has a different response. You clap once, the class clap twice. You clap twice, the class clap once. You say 'High' and then do a jump, the class say 'Low' and duck down. You say 'Loud' and open your arms, the class say 'Shhhh' and put their fingers to their lips. Make up new calls with your class so they

have their own set of call and responses. Use sounds, words and actions – they can be inventive. Once they've got it try to go faster and invite individuals to be the leader.

5. Eight shake

In unison the class shake their arms out while counting from one to eight, 'One, two, three, four, five six, seven, eight' Then you begin to replace spoken numbers with actions. The second time round replace 'three' with a click: 'One, two, click, four, five, six, seven, eight' The third time round 'three' is a click and 'five' is a clap: 'One, two, click, four, clap, six, seven, eight'. The fourth time round 'seven' is replaced with a stamp: 'One, two, click, four, clap, six, stamp, eight'. Then put all four rounds together as fast as you can.