

Name of exercise	Clap-clap-stamp
Description of exercise	<p>Begin standing in a space.</p> <p>Clap both hands together, then clap again, then stamp your foot</p> <p>Repeat this sequence – clap - clap stamp</p> <p>Then clap twice and stamp twice - clap-clap stamp-stamp (with alternate feet)</p> <p>Then finish with the basic sequence - clap-clap stamp</p> <p>Introduce signalling with right and left hands to coordinate with the feet at the stamp phase – raise right hand while stamping right foot – raise left hand while stamping left foot.</p> <p>Make the same sequence but using opposite hands and feet.</p>
Key themes that this exercise can support	Coordination, rhythm and sequencing
Emphasised at	First and Second Levels
Appropriate for	First – Fourth levels