

Name of exercise	Count 5 jumping pattern
Description of exercise	<p>Begin with running on the spot</p> <p>Count five steps then jump the legs out and in</p> <p>Again count 5 steps then add to the sequence of legs go out-in by making a 90 degree jump-turn to the left or right and back</p> <p>Again count 5 steps then add to the sequence of 'out in–turn back' by making a 'spot the dog' foot action forward and back</p> <p>Once this pattern of actions has been established add the following upper body actions;</p> <p>Run for five steps - arms relaxed Then with the jump out-in – hands are crossed to touch opposite shoulders</p> <p>Then with the 90 degree turn – both arms go to the opposite side from the turn</p> <p>Then with the 'spot the dog' – arms go forward and back ensuring opposite arms and legs work together</p>
Key themes that this exercise can support	Balance coordination, rhythm and sequencing
Emphasised at	Second – Fourth Levels

Appropriate for	Second – Fourth levels
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