

| Name of exercise | Jump-clap-turn |
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| Description of exercise | <p>Begin standing in a space</p> <p>Make a two footed jump forward</p> <p>Make a second jump, then clap hands together</p> <p>Repeat this sequence</p> <p>Then repeat the sequence for a third time and add a jump with a turn after the hand clap.</p> |
| Key themes that this exercise can support | Balance, rhythm and timing, and sequential thinking |
| Emphasised at | Early Years |
| Appropriate for | Early – First levels |

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