

Name of exercise	Clap-clap patterns
Description of exercise	<p>Pattern 1</p> <p>Begin facing a partner with the hands held at shoulder height</p> <p>Clap your own hands together</p> <p>Clap right hands with your partner</p> <p>Clap both your own hands together</p> <p>Clap left hands with your partner</p> <p>Clap your own hands together then clap both hands with your partner</p> <p>Clap your own hands together</p> <p>Pattern 2</p> <p>Begin facing a partner with the hands held at shoulder height.</p> <p>Clap your own hands together</p> <p>Clap right hands with your partner</p> <p>Clap both your own hands together</p> <p>Clap left hands with your partner</p> <p>Clap your own hands together then clap both hand with your partner twice</p>
Key themes that this exercise can support	Balance and coordination
Emphasised at	Second and Third Levels
Appropriate for	First – Fourth levels