

Name of exercise	Tapping circles
Description of exercise	<p>Start sitting in a comfortable position; feet shoulder width apart, hands resting on the knees</p> <p>Complete a circle of 'taps' - start with the left hand, then the right hand, then the right foot, land finally the left foot</p> <p>Then complete a circle of 'taps' starting with the right hand, then the left hand, then the left foot, than the right foot</p> <p>Then progress to completing tapping circles in alternate directions</p>
Key themes that this exercise can support	Coordination, rhythm and timing, focus of attention, and sequencing
Emphasised at	First and Second Levels
Appropriate for	First – Fourth levels

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