

Name of exercise	Making movement sequences with the number 4
Description of exercise	<p>Begin with a partner and make a pattern of 4 movements – like 4 running steps, or 4 hops, or 4 skips etc.</p> <p>Working with your partner use ‘same-same’ footwork and rhythm while making the four movements</p> <p>Add to the sequence by introducing a second set of 4 movements</p> <p>Add to the sequence by making a third, then a fourth set of 4 movements – so now there are 4 sets of 4 movements</p> <p>Add to the sequence by moving in different directions while maintaining the same rhythm and movement pattern with your partner.</p>
Key themes that this exercise can support	Balance, coordination, sequencing and rhythm
Emphasised at	First and Second levels
Appropriate for	Early – Third levels