**Bigger! ‘Head shoulders knees and toes’**

Once children have learnt and can do ‘Heads shoulders knees and toes’ standing try it sitting with feet in the air.

Sit on the floor, pull stomachs in tight with heels on the floor.

Touch each body part that corresponds with the rhyme keeping only your bottom in contact with the floor.

When children sing toes they need to lift their feet off the floor and touch their toes.

They will need to pull their stomachs in and keep their balance.

Now try it with feet off the floor throughout the whole rhyme.

Next try doing it backwards!

**Benefits**

Good for developing core strength and balance.

 **S.T.E.P. into Year 1:**

 T – Can you create a similar song, that can be acted out, that uses body parts?

 E – Can you hold a small ball while touching the parts of the body in the song?

 **STEP – Adapt the Space, Task, Equipment, People to make the activity harder, or easier.**



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