

# 8 COUNT



## EQUIPMENT >>>

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- ✓ Music with an upbeat tempo

## SET UP >>>

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- ✓ Participants stand a safe distance apart from each other in the activity area.

## ACTIVITY >>>

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- ✓ At your signal, participants move around the activity area to the music.
- ✓ Encourage participants to listen to the music's beat and to count the beat.
- ✓ Participants move for eight counts using one type of locomotion (skip, gallop, slide, march, crouch, stretch, move backward), then switch to another type of locomotion for the next count of eight.
- ✓ Participants continue switching locomotion patterns every eight counts.