



Loop Command

By European Parents' Association - EPA



Objective

Understanding the concept of loops for repeating actions.



Duration

15 – 20 min

Target group

Children 5+ yrs



Experience

Beginner



Setup

Decide on a workout or dance routine. Come up with three physical actions. Decide how many times each action should be repeated ("looped").



Description

Perform the routine, looping each action the designated number of times. Loop the entire routine at least twice.



Extension

Invite a partner to execute the same commands and perform the routine together

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