

Spider Tap

This activity starts to get you moving your arms and legs in a pattern, then in time to a beat.

Notes for helpers:

Try to **show** this activity rather than **tell**, so that you can encourage a process of discovery and allow them to experience the movements for themselves.

Step 1. Spider tap

Sit on the floor, bend your knees so that your feet are flat on the floor in front of your. Place your hands on the floor, slightly behind your body, so palms are flat and fingers point toward your feet. Use your arms to lift your bottom off the floor. The greater part of your body weight will now be on your hands.



While in this position, lift your left foot off the floor and back down again so it taps the floor. Next lift the right foot and tap it. Next lift the right hand up and back down so it taps the floor. Now lift the left hand and tap. Continue tapping the floor with feet and hands in the same order, i.e. left foot, right foot, right hand, left hand.

Now try tapping hands and feet, but go in the other direction, i.e. right foot, left foot, left hand, right hand.

Note: the pattern of lifting and tapping feet and hands always goes in a clockwise or anti-clockwise direction.

Your goal is to tap feet and hands in the correct pattern.

Step 2. Spider tap to a beat

Click on '**beat**' at the top of this screen. Now, do the spider tap in time to the beat, so you tap each hand or foot at the same time the beat clicks. Remember to tap in the correct pattern, i.e. clockwise or anti-clockwise (e.g. right hand, left hand, left foot, right foot.....etc)

Your goal is to tap in the correct pattern in time to the beat.