

Year 5 – Lesson Plan 1 – P.E.

Can we move to the beat?

Aim: To explore rhythm and movement using patterns, beats and body percussion to build group confidence and coordination.	Key Words: • beat, rhythm, pattern, sequence, stomp, clap, flow	Preparation: • Music player and speakers • A selection of upbeat instrumental tracks (world music, drumming, or hip-hop instrumentals) • Drumsticks (optional), buckets, or soft percussion items • Stopwatch or timer • Whiteboard for noting rhythm patterns (optional)
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Prior Learning: Children have experienced basic rhythm through movement or music lessons and can work in small groups.

WC / PT	<u>Warm-up:</u> Begin with a call-and-response rhythm warm-up: the teacher claps or stomps a rhythm, and the children copy. Start with simple patterns (e.g. clap-clap-stomp) and gradually increase complexity. Add movement — “Step-step-clap” or “Stomp-turn-clap.” Encourage smiles and silliness.	0-5 mins
WC	<u>Main Teach:</u> Introduce the concept of <i>body percussion</i> and rhythm-based movement. Explain that movement doesn’t have to be fast or athletic to be powerful — it’s about timing and feeling the beat. Demonstrate a short rhythmic pattern using stomps, claps, and body taps. Invite children to copy and suggest variations.	5-10 mins

I / S	<u>Activity:</u> In small groups, children create their own short movement routine using body percussion. Example structure: 1. 4 beats of clapping 2. 4 beats of stomping 3. 4 beats of a chosen movement (e.g. spin, jump, sway) Children rehearse their routine with music and help each other stay in time. Focus on rhythm, not choreography.	10-30 mins
I	<u>Extension Challenge:</u> Groups who feel confident can perform their 20-second rhythm routine for another group. Alternatively, children can “teach” their pattern to a partner group, then try theirs in return.	30-35 mins
WC	<u>Plenary:</u> Discuss: “What helped you stay in time?” “Was it more fun to lead or follow?” Reflect on how rhythm connects us and builds team spirit. Emphasise that it’s not about ‘getting it right’ — it’s about <i>joining in</i>.	35-40 mins

WC – Whole Class

PT – Partner Talk

I – Independent

S - Support

Challenge A	Create a short clapping pattern at home and teach it to someone in your family. Add a movement if you can!
Challenge B	Listen to your favourite song. Can you clap along to the beat? Try adding two movements to make your own routine.