

Twinkle Toes

Needs: Space

Targets:

- Increase students' heart rate
- Works on left and right sides
- Targets student's motor skills when tapping heels out in front and toes behind them.

Procedures:

- Tap heel in front
- Alternating heel to heel
- Bring in arm movement as you bounce heel to heel – 20 taps each side
- Transition to tapping your toe back behind your body
- Alternating sides using arms in a swinging motion – 20 taps each side
- Repeat twice going from heels to toes taps
- Sequence alternating from heels to toes
 - Heel heel
 - Toe toe
 - Speed up alternating – 10 times each side
- Heel/Toe sequence
 - Same leg - go heel to toe then switch legs
 - Other leg heel to toe
 - Repeat switching from side to side 20 taps each side
- Heels in front for 5 counts

- Toes for 5 counts
- Alternating heel heel then toe toe – 3 times each side
- Same leg heel toe switch legs heel toe
- Take a deep breath in and exhale

Common problems and fixes:

- Students may try to go faster than the instructor and then not listen to the different sequences.
- Students may struggle with knowing their left and right foot.
- Students may need extra practice tapping their heels out in front and tapping their toes behind them.

Ideas:

When students have mastered heel taps and toe taps have students count by various increments to challenge them while keeping a sequence of heel heel, toe toe.