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**Counting in 8’s**

Dynamic Warm-up Dance  
Use music popular with students.  
The authors suggest “What Makes You Beautiful” by One Direction. [[iTunes Link](https://itunes.apple.com/gb/album/what-makes-you-beautiful-single/id452514272)]

The purpose of *Counting in 8s* is to draw students’ attention to the repetition of 8-counts, not to the movements. Choose movements that are simple and straightforward, and that emphasize every single beat in the same way. For example, when marching in place, students should step evenly on every beat—in 8 counts, they will take 8 steps.

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| **Locomotor**  **Movements** | **Non-locomotor Movements** | **Combination**  **Movements** |
| Walk or March | Twist or Turn | March and Wave Your Arms |
| Run | Shake or Wiggle | Clap Your Hands and Stomp Your Feet |
| Jump  (for distance or for height) | Bend | Bend and Touch Your Toes |
| Hop | Stretch | Move Your Hips and Arms from Side to Side |
| Leap | Lift or Raise | Lift Alternating Knees and Touch Them with Opposite Elbows |

Above are some examples of movements that can work well with this activity.