



PHYSICAL

STAY ACTIVE

1999-2019

20

YEARS

OF Premier
Education

Jive Bunnies: Suitable for 1 child or more

Suitable Songs:

- Rock around the clock
- Crazy little thing called love
- Rocking Robin
- So fine

Timings: 30 mins

Activity Description:

Begin with a basic hand jive:

1. Slap your thighs twice then clap your hands twice
2. Crisscross your hands four times, with right hand underneath twice, then swap to left hand underneath twice (hands should not touch).
3. Make hands into fists and position as if you are grabbing a pole. Right fist at top, knock them together twice, then swap to left hand at top and knock together twice.
4. Give a thumbs up with both hands. Sway to the right and point

your thumb over your shoulder twice, then sway to the left and point thumb over shoulder twice.

5. Put it all together and
REMEMBER TO SMILE

Why not try.....

- Now try with a partner to music, facing each other.
- Adding your own start and end pose.
- Twirl or jump between each hand jive sequence.
- Try kicking your feet backwards up to your thighs and add a running action into the jive.
- Try to make your own hand jive and share with us on Twitter - remember to tag us and add the hashtag #stayactive!