



TAP, TAP, TAP

Participants

Any number of participants.

Time Allotment

5 Minutes

Activity Level

High

Materials

- Chairs (one or two per participant)

Method

- Have everyone stand, face a chair and place hands on hips. Participants may share a chair, one on the left side of the chair, the other on the right side of the chair.
- Next, they should tap their left foot 25 times on the seat of the chair.
- Switch legs to tap the right foot 25 times on the chair.
- For the next 60 taps, alternate left then right toes tapping the chair. (Add a degree of difficulty by having participants pump their arms overhead as they tap.)