

What is 'The Full Stop Bop'?

BBC Supermovers has some fabulous short exercise clips to help us learn and be active at the same time. Year 1 love to do 'The Full Stop Bop' and Wendy Wolf does a marvellous dance to help us remember the calculation signs in maths. What could be better than exercising whilst we learn? We love it!



SUPERMOVERS

BBC

 Premier League