



# Ketchup catch-up

**EQUIPMENT**

None

**BEFORE**

This activity, although not difficult, is not quite as easy as it sounds. The teacher would do well to practice beforehand.

**AFTER**

See also:  
[Clap-partners](#)  
[Twos and threes](#)

**DESCRIPTION**

Students ball their **left** hands to make a loose fist, then gently slap the top (thumb) part with their **right** palm - as if striking the end of a ketchup bottle - FOUR times.



Students reverse the action, balling their **right** hands to make a loose fist, then gently slapping the top part with their **left** palm - FOUR times.



Students repeat this rhythmic slapping (**left**, two three, four, **right**, two, three, four) until, on a given signal from the teacher, the number of slaps reduces to TWO - (**left**, two, **right**, two, **left**, two, **right**, two).

At a further signal, students reduce to single slaps (**left**, **right**, **left**, **right**, ...) This does require some dexterity.



LOGICAL

MUSICAL

INTRA-PERS.



PHYSICAL

LINGUISTIC

INTER-PERS.

NATURALIST

VISUAL