

**EASINGTON EARLY BIRDS**  
**KS 1**  
**STRETCH**

**Circle of Life**

Prompt	No. of repetitions	Actions
		Start from a standing position, feet together, arms by sides
		<b><u>All movements are to performed to a slow count of 4</u></b>
Chanting (repeated)		Inhale as arms are raised slowly above head. Exhale as arms are slowly lowered back to side of body.
Musical instruments begin	8x  4x  4x	Feet apart, rock from side to side – one foot remains in contact with the floor the other is lifted. One foot in front, rock forwards and backwards Change front foot Shake feet on the spot
Singing starts... 'From the day we arrive on the planet.....'  'There's far too much to take in.....'		Lift right leg, simultaneously lifting opposite arm to straighten above head Lower arm and leg Lift left leg , simultaneously lifting opposite arm to straighten above head Lower arm and leg Stretch right leg to the side, at the same time stretch opposite arm diagonally above head Repeat left leg/right arm
Chorus – 'It's the circle of life.....'		Straighten and stretch right leg, point toe and 'draw' a circle Repeat with left leg Straighten both arms, full extension to circle arms forward As above, circling extended arms backwards Repeat ALL of the above
Instrumental (4 counts of 4)		Large step forward into lunge position with right leg forward – hold the stretch Repeat with left leg forward – hold the stretch Lunge to right – hold the stretch Lunge to left – hold the stretch
Instrumental	4 counts of 4	Lift right knee, grasp behind the knee to hold – balance, lower foot to floor Lift left knee, grasp behind the knee to hold – balance, lower foot to the floor
Instrumental	4 counts of 4	Bend right knee, grasp foot behind - hold the stretch Repeat with left knee – hold stretch
Chorus		Making circles with legs- see 'Chorus' above