

**EASINGTON EARLY BIRDS**  
**KS 1**  
**WARM UP**

**Bob the Builder**

Prompt	No. of repetitions	Actions
Introduction	2 x 8	2 big stretches, bending low with knees and stretching high with arms
Introduction 2	2 x 8	4 x single arm punches, 4 claps Repeat
Chorus	2 x 8	Saw for 4, hammer for 4 Repeat with other arm
Verse	4 x 8	Step to left while digging Step to right while digging Repeat above 2 moves
Chorus	4 x 8	Saw for 4, hammer for 4 Repeat with other arm Repeat above 2 moves
Instrumental	2 x 8	Side steps while mopping brow (you are tired)
Verse	8 x 8 x 8 x 8 x	Paint high Paint low Paint across body to left Paint across body to right
Chorus	4 x 8	Saw for 4, hammer for 4 Repeat with other arm Repeat above 2 moves
Instrumental	6 x 8	Take wheelbarrow for a walk
Chorus	4 x 8	Saw for 4, hammer for 4 Repeat with other arm Repeat above 2 moves
Verse	4 x 8	Dig for 8 Mix for 8 Repeat above 2 rooms
Chorus	4 x 8 (and repeat to end)	Saw for 4, hammer for 4 Repeat with other arm Continue to end