

EASINGTON EARLY BIRDS
KS1
WARM UP

Under the Sea – You may use spots to enable the children to use the space safely

Prompt	No of Repetitions	Actions
Intro	2 x 8 counts	Standing on spot, wiggle shoulders
Verse 1	2 x 8 counts	Right arm slow sweep, left arm slow sweep, repeat.
	2 x 8 counts	Double arm sweep(breaststroke), repeat
Chorus	4 x 8 counts	Wiggle down low and back up
		Sweep one arm to the left then right, repeat Wiggle down low and back up
Instrumental		
Verse 2	4 x 8 counts	8 marching legs
		4 slow marching legs, touch opposite knee Repeat 4 slow toe touches
Chorus	4 x 8 counts	Wiggle down low and back up
		Sweep one arm to the left then right (2 each way), repeat Wiggle down low and back up
Chorus 2	4 x 8 counts	Travelling around the spots with sweeping arms x 4
Verse	4 x 8 counts	4 slow jumps side to side (on and off the spots) x 2
		4 slow jumps forwards and backwards (on and off the spots)
Instrumental	5 x 8 counts	Swimming actions around /in and out of all of the spots. Walking/jogging pace.
Chorus to end		Wiggle down low and back up
		Sweeping arm to the left then right (2 each way), repeat Wiggle down low and back up

