

**EASINGTON EARLY BIRDS  
KS 1  
WARM UP**

**Wake Me Up Before You Go Go**

Prompt	No. of repetitions	Action
Jitterbug...	4 x 4 x 4 x 4 x	Chin to chest and look up Turn head to one side then the other Chin to chest and look up Turn head one side then to other
Wake me up.....	8 x 8 x 8 x 8 x	March/jog Punch arms high Punch arms front Punch arms side Punch arms low
Instrumental pause		Shake out and walk round in circle and back the other way
You take the grey skies	4 x 4 x 4 x 4 x	Hands on waist, twist one way then the other Hands on waist, bend to one side then the other Repeat waist twists Repeat waist bends
Wake me up.....	8 x 8 x 8 x 8 x	March/jog Punch arms high Punch arms front Punch arms side Punch arms low
Jitterbug....	4 counts 4 counts 4 counts 4 counts	Step wide, bend right leg and hold stretch. Bring feet together Repeat to other side Step forward, bend front leg and hold stretch Step back, bend back knee towards front and keeping front leg straight, hold stretch
Wake me up....		March/jog Repeat punches, high, front, side and low until music ends lowering intensity of leg actions