

**EASINGTON EARLY BIRDS
KS 1
COOL DOWN**

Why Does My Heart?

Prompt	No.of repetitions	Actions
Instrumental introduction	Repeat 5 times	Stand feet shoulder width apart Breath in as arms cross in front of body and raise above head Breath out as arms are lowered to sides
Vocals begin	All actions for a count of 4	Raise one arm Touch back of neck Raise arm again Lower arm Repeat with other arm Push hand across chest until arm is extended Pull arm back Repeat with other arm Kneel on one knee Knee on the other knee Put hands on the floor 'Angry cat' and lower to flat back Stretch out one arm parallel to floor Lower to floor Stretch out other arm Lower to floor Stretch out one leg behind Return knee to the floor Stretch out other leg Return knee to the floor Stretch out opposite arm and leg Hold balance on other knee and hand Stretch out other opposite arm and leg Hold balance on other knee and hand
Music slows		Crouch back on heels Gently stand up by uncurling from the base of the spine, lifting the head last

