

**EASINGTON EARLY BIRDS  
KS1  
AEROBIC**

**Boom, Boom, Boom**

Prompt	No. of repetitions	Actions
Introduction	2 x 8	Jogging on spot
Listen to my heart...	4 x 8	2 counts - hand to each ear 6 counts - both hands on heart, push in and out Repeat 3 more times
Boom, boom, boom	4 x 8	3 quick jumps to left (pause) 2 slow jumps right Repeat to right Repeat to left Repeat to right
Chorus	4 x 8	4 slow star jumps 4 slow spotty dogs
Spin	4 x 8	Jog around on spot, punching arms high Change direction Change direction Change direction
Chorus	4 x 8	4 slow star jumps 4 slow spotty dogs
Listen to my heart...	4 x 8	2 counts – hand to each ear 6 counts – both hands on heart, push in and out Repeat 3 more times
Boom, boom, boom	4 x 8	3 quick jumps to left (pause) 2 slow jumps right Repeat to right Repeat to left Repeat to right
Chorus		4 slow star jumps 4 slow spotty dogs Repeat above moves until end

