

EASINGTON EARLY BIRDS

KS 1

COOL DOWN

Can You Feel the Love Tonight?

Prompt	No. of repetitions	Action
Need to keep to the counts of 8 throughout	8 x	Lift left arm to side at shoulder height, follow hand with eyes
	8 x	Repeat with right arm
	8 x	Both arms raised above head and stretch
	8 x	Both arms lowered
	8 x	Alternate shoulder rolls, forward
	8 x	Alternate shoulder rolls, backwards
	8 x	Bend knees low, stretch arms backwards and hold
	8 x	Repeat
	8 x	Static heel dig
	8 x	Static heel dig with other foot
	4 x 8	Repeat the above moves
	8 x	Arms raised to shoulder height , twist to face backwards
	8 x	Twist to face other way
	8 x	Left arm reaching over head, side bend
	8 x	Repeat with right arm to right side
	8 x	Clench hands and push in front
	8 x	Clench hands and push behind
	8 x	Bend knees low, stretch arms backwards and hold
	8 x	Repeat
	8 x	Static heel dig
	8 x	Static heel dig with other foot
	4 x 8	Repeat above moves

