

EASINGTON EARLY BIRDS
KS 1
WARM UP

Bare Necessities

Prompt	No.of repetitions	Actions
Instrumental introduction	4 x	Loosen spine from neck – move head slowly chin to chest, left and right
'Look for the bare necessities....'	Hold counts of 4	Join hands behind back and hold Stretch both arms up above head Stretch arms forwards Stretch arms out to the sides
'Wherever I wander....'	2 x	Lunge right, back to centre Lunge left, back to centre
'Then maybe try a few.....' Instrumental		Small arms circles gradually getting larger Clockwise then anti clockwise
'The bare necessities....'		Jogging on the spot
'Look for the bare necessities...'	8 x	Knee raises, tap knee with opposite hand
	8 x	Lift foot, tap with opposite hand
'Now when you pick a paw – paw...'	4 x 4 x	Heel – toe taps left foot Heel – toe taps right foot Repeat
'Have I given you a clue....' Instrumental	2 x	Side bends, arm over head
'The bare necessities....'	4 x	Trunk twists, hands on hips
Instrumental	12 x	½ jacks
(sound of maracas)		Circle hips, hands on waist – clockwise and anti clockwise
(sound of trumpets)	32 x	Spotty dog
'Oh man...'	8 x	Kicks in front - slow
'Cos when they tell you something...'	8 x 8 x	Low squats, arms in front Low squats, arms above head Jogging on spot
'Look for the.....'	8 x steps	March forward March backwards March round in clockwise circle March round anti clockwise March on the spot to end of music

