

**EASINGTON EARLY BIRDS
KS 2
WARM UP**

Match of the Day

Prompt	No. of repetitions	Actions
	4 x counts of 8	March on the spot x 16 steps Jog on the spot x 16 steps
Instrumental pause		
Music change	4 x counts of 8 (Basketball)	Right hand pat imaginary basketball (gentle jogging) x 8 Left hand pat the basketball Right hand pat the basketball travel in a circle x8 Left hand pat the basketball reverse travel x 8
Music change	4 x counts of 8 (Netball)	Jump to shoot with imaginary ball x 4 Repeat above 3 times
Music change	4 x counts of 8 (Football)	Jack jump and kick imaginary ball (shoot) x 4 Repeat above 3 times
Pause		
Music change	4 x counts of 8 (Swimming)	Front crawl arms whilst travelling forwards Back crawl arms whilst travelling backwards Turn right, breast stroke arms whilst travelling ½ turn returning with breast stroke arms
Music change	4 x counts of 8 (Skipping)	Hold imaginary rope and skip forwards Skip backwards Skip forwards Skip backwards
Music change	4 x counts of 8 (Rugby)	Pass imaginary ball from the left, then the right x 2 Jump to catch the ball x 2 Pass imaginary ball from the left, then the right x 2 Jump to catch the ball x 2
Instrumental		March to the end of music