

**EASINGTON EARLY BIRD
KS 2
AEROBIC**

Big Brother

Prompt	No. of repetitions	Actions
Introduction		<ul style="list-style-type: none"> Shake arms out and walk round on spot until singer shouts GO!
	Each x 8	<ul style="list-style-type: none"> March on spot Skip on spot March on spot Skip on spot
Music changes	Each x 8	<ul style="list-style-type: none"> March forwards, clapping hands March backwards, clapping hands March forwards, clapping hands March backwards, clapping hands
	Each x 8	<ul style="list-style-type: none"> Skip forward, hands on hips Skip backwards, hands on hips Skip forward, hands on hips Skip backwards, hands on hips
		Repeat the above marching and skipping actions
	Each x 8	<ul style="list-style-type: none"> March sideways, circling hands around each other in front of chest March to the other side as above Repeat once more to each side
	Each x8	<ul style="list-style-type: none"> Skip sideways, criss - crossing hands in front of chest Skip sideways to other side as above Repeat once more to each side
		Repeat the above sideways marching and skipping actions
Music changes	8 x 8 x	Stand with feet shoulder width apart <ul style="list-style-type: none"> Slap knees with opposite hands Elbows to opposite knees Repeat slapping knees and elbow to knee 3 more times through
To finish		<ul style="list-style-type: none"> As at start of routine, repeat marching and skipping actions on spot 2x through Shake out arms and walk around on spot until music changes

