

**EASINGTON EARLY BIRD
KS2
COOL DOWN**

Out of Reach

Prompt	No. of Repetitions	Actions
	All slow	
Introduction	8x	Knee bend alternate toe tap
Singing begins	8x	Knee bend with arm reaching across the body
	8x	Repeat with both arms reaching
"So confused"	4x	Large arm circles in front of the body
Chorus	1x	Double knee to hand on each leg
"Out of Reach"	4x	Alternate heel digs
	1x	Double knee to hand on each leg
	4x	Alternate heel digs
"Catch"	2x	Double scoop to the side and clap, return
	4x	Box steps
"So confused"	Count of 4	Hands clasped together, stretch in front
	Count of 4	Hands clasped together, stretch above
	Count of 8	Shake arms
Chorus	1x	Double knee to hand on each leg
"Out of Reach"	4x	Alternate heel digs
	1x	Double knee to hand on each leg
	4x	Alternate heel digs
"So much hurt"	8x	Feet hip distance apart, alternate bottom kicks
	8x	Knee raises, tap alternate toes
"So confused"	Count of 4	Hands clasped together, stretch in front
	Count of 4	Hands clasped together, stretch above
	Count of 8	Shake arms
Chorus	1x	Double knee to hand on each leg
"Out of Reach"	4x	Alternate heel digs
	1x	Double knee to hand on each leg
	4x	Alternate heel digs
Chorus		Repeat
"Out of Reach"		

