

**EASINGTON EARLY BIRDS
KS 2
COOL DOWN**

Shiny Happy People

Prompt	No.of repetitions	Action
Introduction		Walk around on spot, shaking out arms and legs
Music speeds up and singing begins	8 x	Jump forward and back, 2 feet to 2 feet
Meet me in the crowd...	8 x 2 x	Quick claps Jump feet wide and jump feet back together Repeat above 2 moves 3 more times
Gold and silver shines...		Jog on spot
Shiny happy people...		Walk around on spot, shake out arms and legs
Everyone around...	8 x 2 x	Quick claps Slow hopscotch (on spot, jump from 2 feet to 1 foot)
Gold and silver shines...		Jog on spot
Shiny happy people		Walk around on spot, shake out arms and legs
Music slows then "shiny happy people" repeats to end	8 x 8 x 8 x 8 x 8 x 8 x 8 x	Rub both thighs with hands Rub 1 thigh with opposite hand Rub other thigh with opposite hand Slap thighs with hands Slap 1 thigh with opposite hand Slap other thigh with opposite hand Slap both thighs crossing hands over

