

Warm up and play

Activity 3: Warm up your bodies

1. Stand with your feet parallel and slightly apart. Rock by moving from your heels to your toes. Repeat this 10 times,
2. Now rise up on your toes. Stay like that for a count of four. Then drop.
3. Bend your knees as you are marching on the spot. Your teacher will count for you. March for 20 steps. Swing your arm at your sides while you part on the spot.

10. MARCH ON THE SPOT

