

① GENERAL WARM-UP -

“REACH SWING AND JOG” (musical accompaniment Track 1)

(This involves rhythmic movement of the whole body, which serves to increase circulation and raise body temperature.)

- (i) (a) Stretch upwards with feet shoulder width apart.
Reach towards the ceiling using alternate arms (*as if climbing*) for 8 counts.
At the same time transfer the weight from one foot to the other and repeat.
The arm moves up at the same time as the foot so that on each side there will be a stretching feeling through one side of the body each time.
- (b) After the set of stretches, relax the arms and let them loosely swing backwards and forwards whilst bouncing the knees (*x4 swings backwards and forwards*).
- (c) After the set of 4 swings jog and travel to a new space using 2 x 8 counts (*16 fast beats*). Repeat a, b, c until the end of the music.
- (ii) **Challenges:-** Can you perform this rhythmical warm-up with a partner (*i.e. which relationships - match / mirror, side-by-side, follow my leader etc*).

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② GENERAL WARM-UP -

“STRETCH AND JOG” (musical accompaniment Track 2)

- (i) (a) Stretch both arms up very slowly into a full, high stretch then open arms out wide slowly and take them down to your sides (*take the whole of the phrase of music*).
- (b) Repeat three times more - then jog about the room to the “jogging” music.
- (c) Repeat (a.) and (b.) until the end of the music.
- (ii) **Challenge**
- (a) With a partner work out stretching to one side; slowly taking arms over your head in an arc to stretch on the other side.
- (b) Repeat three times more with different stretches, then jog about the room to the jogging music.
- (c) Repeat (a.) and (b.) until the end of the music.
- (iii) **Challenge:-** With a partner make up your own stretching movements to the slow phrases and decide how you are going to travel.
- (iv) **Challenge:-** With a partner, use the specific stretches cards A - H (*pages 93 - 96*) to select and use on the slow music.

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