

CONTENTS OF ACTIVATE 11

Preface	7
Physical Education Curriculum Objectives	10
Curriculum Outcomes For Activate 11	11
Acknowledgements & music.....	12
Introduction to ACTIVATE 11	14
Background to the Activate programmes.....	15
The Benefits of the Activate Programme	16
The Structure of Activate 11	18
Levels of Progress.....	19
DVDs	21
Practical Tips For Delivery	24
Understanding the importance of good posture, efficient breathing and the physical benefits of “Activate” exercises.....	26
Assessing Movement Development	31
Scoring	32
ACTIVATE - PHYSICAL FLUENCY OBSERVATION ASSESSMENT	33-34

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Val Sabin initially trained as a Physical Education Specialist at Bedford College and has worked with children of all ages, students and teachers for over 35 years on all aspects of Physical Education. Val is internationally known for the quality of her teaching and her ability to enthuse. Many children taught by Val have succeeded in team and individual competition at local, regional and national levels. Val Sabin was a teacher, a Head of Department, and Advisory Teacher in Northamptonshire, a Senior Lecturer in Physical Education at De Montfort University in Bedford, is the author of over 20 teaching manuals and has been an OFSTED Inspector for both Secondary and Primary phases. Currently her main work is as Consultant, Advisor and Trainer delivering gymnastics, games, dance, Positive Play, PE Administration, Activate and Action Kids Foundation Stage physical development with fun courses for teachers and teacher trainers throughout the UK.



WEEKS 16 & 17

START-OF-MORNING

ACTIVATE 11

IN THE CLASSROOM

(CD Track 22 "Interdependence" or CD Track 23 "Heartbeat")

WARM-UPS

(W1) "Breathing" Extension (vi)

(CD Track # 1 "Breathing")

- Stand easily and erect with arms at side. Exhale through the nose and empty lungs completely.
Stand on one foot and balance for 2 breaths. Change legs with each 2 breaths.
- (i) Slowly **inhale** through the nose, push out abdomen and chest and slowly bring arms high overhead, **palms up** and rise up on toes. Touch palms together overhead and hold for a moment.
- (ii) Slowly **exhale** through the nose as you lower arms slowly **palms upwards** and return heels to the floor. **Look straight ahead.**
Repeat without pause to the end of the music.

(These movements help children to breathe deeply and evenly. Opening the arms high and wide helps the lungs to expand)

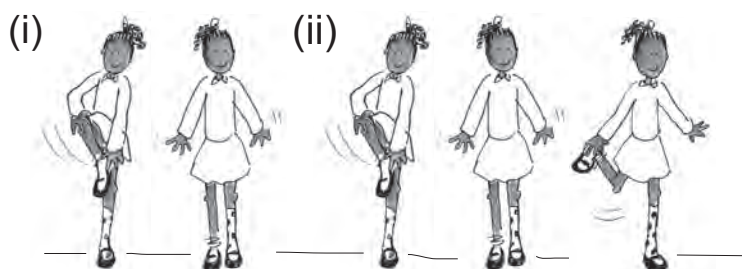


(W6) "Inside, outside" Extension (i)

(CD Track # 6 "Inside, outside")

- (i) **Stand on the spot, raise foot and tap the inside of the right ankle with the left hand in front of the body and touch the right knee with the right hand at the same time. Replace the foot, always softening the knees to support the back. Repeat to either side.**
- (ii) Tap the **same** ankle with the **other** hand on the **outside** of the ankle **behind the body**. Perform the inside/outside ankle tapping for 8 beats.
- Repeat this pattern with the other leg, always softening the knees when reaching to touch the ankle (8 beats).
Repeat the pattern on both sides of the body to the end of the music.

(This activity focuses on crossing the mid-line to stimulate both sides of the brain and aid co-ordination. It helps develop rhythm)

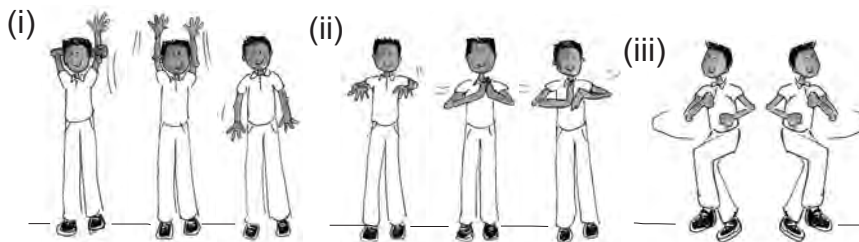


(7A) Move and stretch – “Press and pull” Extension (ii)

(CD Track # 14 “Move and stretch”)

- (i) Stretch right arm up, left elbow high, arm behind head and grip right upper arm. Pull the right arm outwards with the left hand making the resistance. Stretch both arms up high with palms outwards, slowly draw down to sides of the body. *(This is timed to take up the first long smooth phrase of music)*. Repeat once more to the other side.
- (ii) Arms parallel and stretched forward, bend elbows and connect hands, palm to palm at chest height. **PRESS** hands against each other, then relax and change to **one palm up and one palm down**, fingers hooked so you can **PULL** against each other *(This is timed to take up the third long smooth phrase of music)*. Repeat the press and pull actions once more.
(i) and (ii) take up the first four long smooth phrases of music.
- (iii) **Jog and turn on the spot, changing direction with every new phrase of music (8 phrases). Look straight ahead.**
Repeat the series of stretching activities to the end of the music.

(This activity is an energiser and helps with large motor control, co-ordination and flexibility. It integrates brain function related to voluntary movement)



(8A) Two in one – “Colours and evens” Extension (i)

(CD Track # 15 “Two in one”)

- (i) Face a partner, clap own hands **twice** and clap partner’s hands **once**, then call out a colour *(4 beats in all)*. Repeat and keep taking it in turn to call out a colour, can you keep thinking of **different colours**? When one of you hesitates or repeats a colour move onto
- (ii) Clap own hands twice, clap partner’s hands once, **call out even numbers. Counting in descending order - starting number decided by the teacher.** When one of you hesitates or gets it wrong Repeat both sets of activities to take you to the end of the music.

(This structured combination activity encourages physical co-ordination and demands focus and concentration. It lifts the energy levels)



(9A) Hand jive – “Crossover and stretch”

(CD Track # 16 “Hand jive”)

Learn the activities and then enjoy moving your whole body to the beat!

- (i) **Up and down** – Arms stretched out in front, palms down. Turn one palm up, then the other (2 beats), turn palms down (2 beats). Repeat for 4 x 4 beats
 - (ii) **Shoulders** – Bend one elbow and cross the mid-line to lightly rest hand on the opposite shoulder. Repeat with the other hand so both hands are on opposite shoulders (2 beats). Unfold one arm to stretch in front, repeat with second, so both arms are outstretched in front of you (2 beats). Repeat for 4 x 4 beats in all.
 - (iii) **Crossovers** – Hold hands out at waist height, arms bent with palms facing floor. To the beat, cross over hands (one below, one on top) for 2 beats, and then change levels for 2 beats. Repeat for 4 x 4 beats in all.
 - (iv) **Tap and stretch** – Tap both hands on shoulders (2 beats), then stretch up high (2 beats). Repeat for 4 x 4 beats in all.
- Repeat this whole series of movements to the end of the music and stretch slowly to the last long notes.
Look straight ahead of you throughout.

(This activity uses controlled movements in a structured order and develops co-ordination, rhythm, concentration and movement memory)



START-OF-AFTERNOON (CD Track 24 “South American Sounds”)

(W1) “Breathing” Extension (vi)

(CD Track # 1 “Breathing”)

- Stand easily and erect with arms at side. Exhale through the nose and empty lungs completely.
Stand on one foot and balance for 2 breaths. Change legs with each 2 breaths.
- (i) Slowly **inhale** through the nose, push out abdomen and chest and slowly bring arms high overhead, **palms up** and rise up on toes. Touch palms together overhead and hold for a moment.
- (ii) Slowly **exhale** through the nose as you lower arms slowly **palms upwards** and return heels to the floor. **Look straight ahead.**
Repeat without pause to the end of the music.

(These movements help children to breathe deeply and evenly. Opening the arms high and wide helps the lungs to expand)

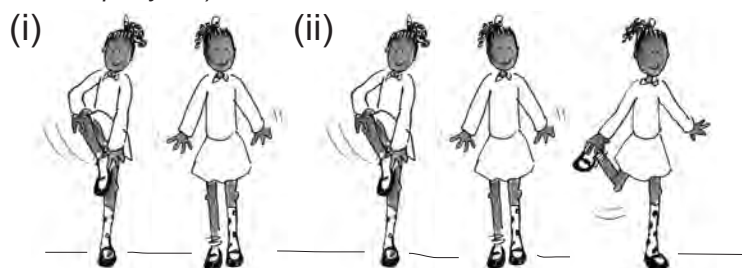


(W6) “Inside, outside” Extension (i)

(CD Track # 6 “Inside, outside”)

- (i) Stand on the spot, raise foot and tap the inside of the right ankle with the left hand in front of the body and touch the right knee with the right hand at the same time. Replace the foot, always softening the knees to support the back. Repeat to either side.
- (ii) Tap the **same** ankle with the **other** hand on the **outside** of the ankle **behind the body**. Perform the inside/outside ankle tapping for 8 beats.
- Repeat this pattern with the other leg, always softening the knees when reaching to touch the ankle (8 beats).
Repeat the pattern on both sides of the body to the end of the music.

(This activity focuses on crossing the mid-line to stimulate both sides of the brain and aid co-ordination. It helps develop rhythm)



(W3) “Wind-up & Step” Extension (i)

(CD Track # 3 “Wind-up & step”)

- (i) Stand with one foot close in front of the other (**heel to toe**). Extend arms in front of you, one wrist over the other, thumbs down, palms together. Inter-link fingers and draw hands close to chest, elbows down.
- Keep fingers inter linked, bring hands down, then up through arms towards the head and stretch out in front of you. Reverse the process. Each extension and reverse moves in time to “2 winding cogs”. (Repeat to use 8 winding cogs in all.)
- (ii) Step to the side with one foot (1 beat) step other foot towards it to briefly touch the ground (1 beat) before stepping to the other side with this foot and repeating the whole process. Repeat to each side. (16 beats in all).
- (iii) Lift knee and foot high and touch the inside of the foot with the opposite hand –repeat to the other side and repeat to either side for 16 beats in all.
- Repeat the whole sequence of movements twice more to the end of the music. Look at the teacher throughout.

(The “Hook Up” activity helps the mind and body to relax as energy circulates. The stepping and co-ordination, and the cross-over activity stimulates both sides of the brain)



WEEKS 7 & 8

START-OF-MORNING

ACTIVATE 11

IN THE CLASSROOM

(CD Track 22 "Interdependence" or CD Track 23 "Heartbeat")

WARM-UPS

(W1) "Breathing" Extension (iii)

(CD Track # 1 "Breathing")

- Stand easily and erect with arms at side. Exhale through the nose and empty lungs completely.
- (i) Slowly **inhale** through the nose, push out abdomen and chest and **raise one hand and arm only as you inhale - palms up and rise up on toes- watch the hand through its journey. Raise/lower alternate hands/arms as you inhale/exhale.**
- (ii) Slowly **exhale** through the nose as you lower arms slowly **palms upwards** and return heels to the floor.
Repeat without pause to the end of the music.

(These movements help children to breathe deeply and evenly. Opening the arms high and wide helps the lungs to expand)

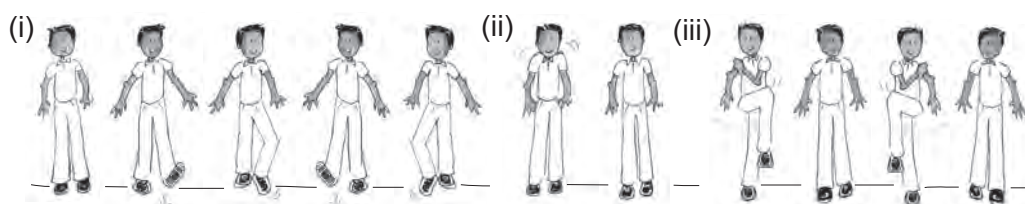


(W4) "Feet, shoulders, elbows" Extension (i)

(CD Track # 4 "Feet, shoulders, elbows")

- Stand ready with weight transferred to one foot, ready to release the other.
- (i) **Heel and toe with the right foot (2 beats) for a total of 8 beats then change feet for 8 beats. Repeat the whole sequence to make a total of 4 x 8 beats. Look straight ahead.**
- (ii) Hands to sides, raise shoulders up and down (2 beats) and repeat for a total of 2 x 8 beats.
- (iii) Raise the left knee up to waist height across the front of the body. Touch the **left** knee with the **right elbow** and return to standing (2 beats). Perform to the other side. Repeat to alternate sides for a total of 4 x 8 beats.
Repeat to complete sequence of movements once more to the end of the music.

(This activity helps the respiratory and circulatory systems and improves posture, balance and flexibility of muscles and joints and stimulates both sides of the brain)



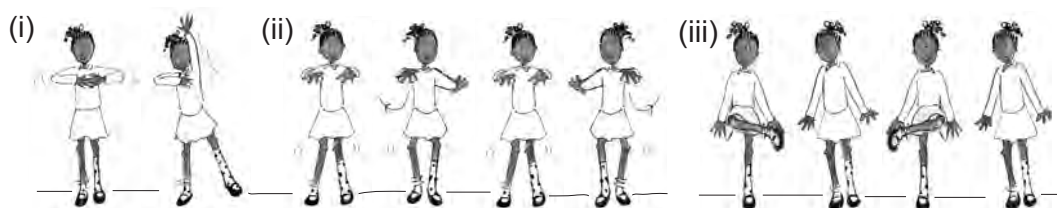
(4B) Reach and swing – “Opposites”

(CD Track # 11 “Reach and swing”)

- (i) Start with hands together at chest height and close to the body. **With the right arm, stretch up high and across the body, whilst taking the right foot off the floor** (it helps with balance to extend the leg and foot) then return to the starting position (1 and 2). Repeat to the other side (3 and 4). Repeat to both sides to use up 2 x 8 beats. (Keep knees soft.) Look at hands.
- (ii) Start with both arms out straight and raised at shoulder height, one in **front** of the body and one **behind**. Swing both arms at the same time in **opposite** directions. 2 x 8 beats. Soft knees, bouncing to the beat.
- (iii) Lift the left knee and move the foot across the mid-line in front of the body. Touch the heel of the **left foot** with the **right hand** and return to standing (1 and 2). Repeat on the other side with the right leg and left hand (3 and 4). Repeat to other side for a total of 2 x 8 beats. (Keep head up and look straight ahead.)

Repeat the complete series of activities to the end of the music

(This activity stimulates both sides of the brain, increases the oxygen uptake, develops rhythm and sequential thinking)



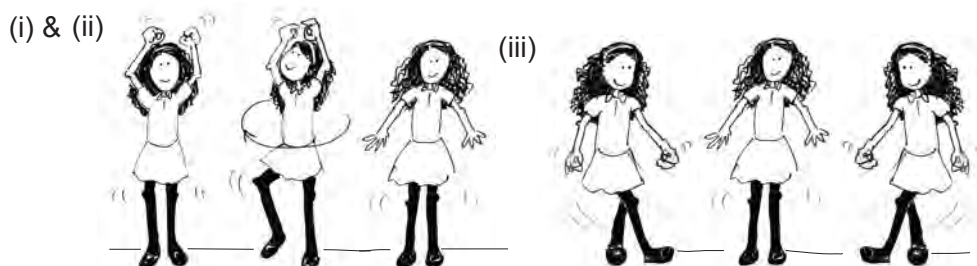
(5A) Finger aerobics – “Rhythms” Extension (ii)

(CD Track # 12 “Finger aerobics”)

Perform throughout (i) and (ii) with both hands high above your head. Look at the ceiling and turn, changing direction every 8 beats.

- (i) Thumbs touch **index** fingers, then touch each finger in turn. Reverse the process (2 x 8 beats in all). **Count** out the number of beats as you do it.
- (ii) Repeat with right hand (8 beats), then left hand (8 beats).
- (iii) Step **across the body** with one foot to touch the floor and back again in time to the rhythm of the music. Perform with alternate feet. Keep the weight on the supporting foot and **click fingers** in time to the music (2 x 8 beats).
- Repeat the complete series of movements to the end of the music.

(This activity encourages flexibility, dexterity and strength in fingers and wrists and helps to improve manipulative skills and handwriting. It stimulates both sides of the brain and also helps develop concentration)



(6A) Spray Painting – “Straight and curved”

Extension (i) (CD Track # 13 “Spray Painting”)

- (i) Start with **both hands clasped together** at chest height. Stretch out and draw in arms to the beat (2 beats) going out to either side forwards, upwards and downwards in any order (4 x 8 beats) **Watch hands throughout.**
- (ii) With the index finger of one hand as a “pen” draw a large “lazy 8” (a figure 8 on its side) in the air in front of the body, stretch as far to each side as possible **and take one foot from the floor.** Change hands and repeat. Keep looking at the finger throughout its journey (4 x 8 beats). Repeat (i) and (ii) once more.

(This activity aids the respiratory and circulatory systems and improves posture, balance and flexibility of muscles and joints. Arms continuously cross over the mid-line of the body stimulating both sides of the brain)



START-OF-AFTERNOON

(CD Track 24
“South American Sounds”)

(W1) “Breathing” Extension (iii)

(CD Track # 1 “Breathing”)

- Stand easily and erect with arms at side. Exhale through the nose and empty lungs completely.
- (i) Slowly **inhale** through the nose, push out abdomen and chest and **raise one hand and arm only as you inhale - palms up and rise up on toes- watch the hand through its journey. Raise/lower alternate hands/arms as you inhale/exhale.**
- (ii) Slowly **exhale** through the nose as you lower arms slowly **palms upwards** and return heels to the floor. Repeat without pause to the end of the music.

(These movements help children to breathe deeply and evenly. Opening the arms high and wide helps the lungs to expand)

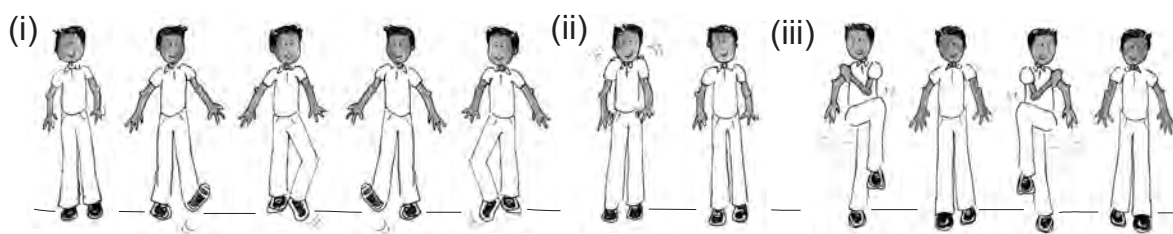


(W4) “Feet, shoulders, elbows” Extension (i)

(CD Track # 4 “Feet, shoulders, elbows”)

- Stand ready with weight transferred to one foot, ready to release the other.
- (i) **Heel and toe with the right foot (2 beats) for a total of 8 beats then change feet for 8 beats. Repeat the whole sequence to make a total of 4 x 8 beats. Look straight ahead.**
- (ii) Hands to sides, raise shoulders up and down (2 beats) and repeat for a total of 2 x 8 beats.
- (iii) Raise the left knee up to waist height across the front of the body. Touch the **left** knee with the **right elbow** and return to standing (2 beats). Perform to the other side. Repeat to alternate sides for a total of 4 x 8 beats.
Repeat to complete sequence of movements once more to the end of the music.

(This activity helps the respiratory and circulatory systems and improves posture, balance and flexibility of muscles and joints and stimulates both sides of the brain)



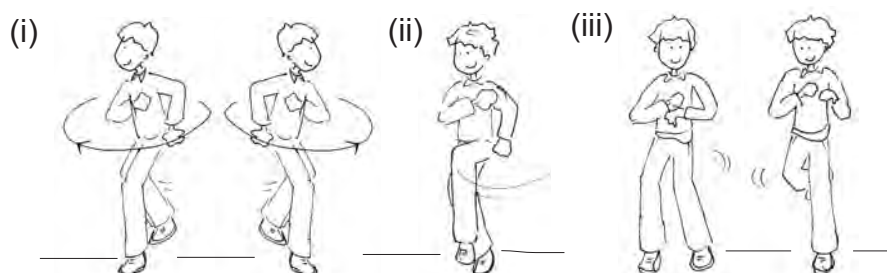
(W5) “Move it” Extension (i)

(CD Track # 5 “Move it”)

- (i) **Walk and turn for 2 x 8 beats. Change direction. Look at the ceiling.**
 - (ii) Jog on the spot for 2 x 8 beats.
 - (iii) “Hopscotch” (bouncing 2 feet to one foot etc) for 2 x 8 beats.
- Repeat the complete sequence to the end of the music.

NB. Children need to listen to the beat and **count** 2 x 8 beats. Also remind children to do their hopscotch hopping onto **either** leg – not to use the same one each time in between the bounce on 2 feet.

(This activity stimulates the blood supply and helps children become more physically alert. Helps improve sequential thinking. It demands concentration and counting!)



WEEKS 12 & 13

START-OF-MORNING

ACTIVATE 11

(CD Track 22 "Interdependence" or CD Track 23 "Heartbeat") **IN THE CLASSROOM**

WARM-UPS

(W1) "Breathing" Extension (iv)

(CD Track # 1 "Breathing")

- Stand easily and erect with one foot close in front of the other (*heel to toe*) arms at side. Exhale through the nose and empty lungs completely. Look straight ahead.
 - (i) Slowly **inhale** through the nose, push out abdomen and chest and slowly bring arms high overhead, **palms up** and rise up on toes. Touch palms together overhead and hold for a moment.
 - (ii) Slowly **exhale** through the nose as you lower arms slowly **palms upwards** and return heels to the floor.
- Repeat without pause to the end of the music.

(These movements help children to breathe deeply and evenly. Opening the arms high and wide helps the lungs to expand)



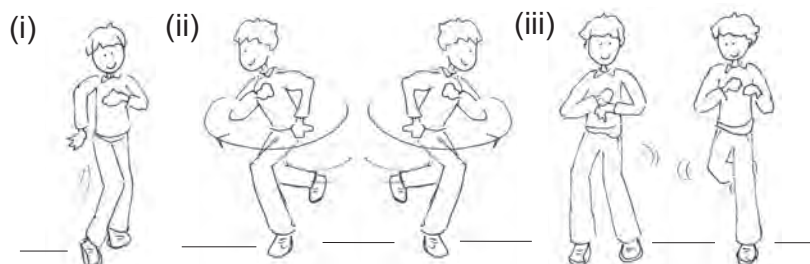
(W5) "Move it" Extension (ii)

(CD Track # 5 "Move it")

- (i) Walk on the spot for 2 x 8 beats.
 - (ii) Jog on the spot and turn in both directions 2 x 8 beats. Look straight ahead.
 - (iii) "Hopscotch" (*bouncing 2 feet to one foot etc*) for 2 x 8 beats.
- Repeat the complete sequence to the end of the music.

NB. Children need to listen to the beat and **count** 2 x 8 beats. Also remind children to do their hopscotch hopping onto **either** leg – not to use the same one each time in between the bounce on 2 feet.

(This activity stimulates the blood supply and helps children become more physically alert. Helps improve sequential thinking. It demands concentration and counting!)

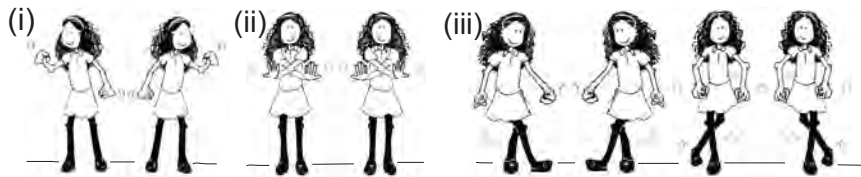


(5C) Finger aerobics – “Cross-overs”

(CD Track # 12 “Finger aerobics”)

- (i) With both hands at the same time, touch each finger in turn with the thumb, starting with the index finger, and then reverse the process.
- Draw shapes in the air in front of the body as you do the thumb and finger touch and say the alphabet up to “P” as you do it (2 x 8 beats).
- (ii) Cross arms over in front of you, palms uppermost. Starting with thumbs, spread **thumbs** away from hands and back again. Spread **index finger** away from the other 3 and back (2 beats). Keep **index and second finger together** and spread away from the other two and back (2 beats). Finally spread the **little finger** away from the other three and back (2 beats). Then reverse the process i.e. from the little finger first (2 x 8 beats in all).
- (iii) Step across the body (**in front**) to touch the floor and back again (2 beats). Perform with alternate feet for 8 beats, then step across **with feet behind the body** to perform the same action for 8 beats. Click fingers in time to the music (2 x 8 beats). **(When confident, look at hands in section (i) and use manual alphabet (appendices.)**

(This activity encourages flexibility, dexterity and strength in fingers and wrists and helps to improve manipulation skills and handwriting. It stimulates both sides of the brain and also help develop concentration)



(6B) Spray Painting – “High and low” Extension (i)

(CD Track # 13 “Spray Painting”)

- (i) Start with both hands clasped together at chest height. Vigorously stretch out/draw in, arms to the beat (2 beats) going out to either side forwards/upwards/downwards in any order. Release foot from the ground as you punch to different sides (e.g. **stretch to the left, stretch right foot out**) (4 x 8 beats.)
- (ii) Clasp hands, release index fingers to act as a “pen”. **Draw a figure 8 the right-way up. Draw figure ‘8’s alternately clockwise and anti-clockwise (4 x 8 beats). Bend and stretch to make them as large as possible. Look at hands.**
- (iii) Stretch high with hands clasped and index finger as a “pen” and draw a long wiggling line from high to low, crossing the mid-line of the body several times as you move. Keep eyes tightly closed (4 x 8 beats). Repeat (i) to the end of the music.

(This activity aids the respiratory and circulatory systems and improves posture, balance and flexibility of muscles and joints. Arms continuously cross over the mid-line of the body stimulating both sides of the brain)



WEEKS 12 & 13

START-OF-MORNING (CONT.)

11

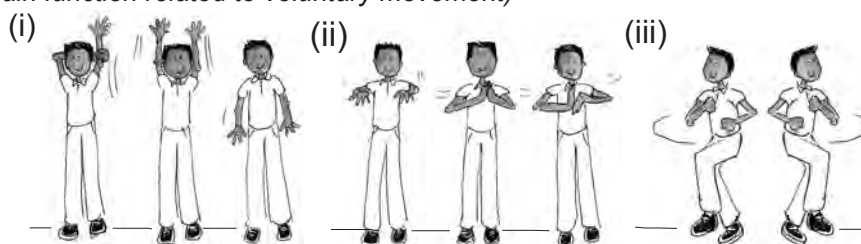
(7A) Move and stretch – “Press and pull” Extension (ii)

(CD Track # 14 “Move and stretch”)

- (i) Stretch right arm up, left elbow high, arm behind head and grip right upper arm. Pull the right arm outwards with the left hand making the resistance. Stretch both arms up high with palms outwards, slowly draw down to sides of the body. *(This is timed to take up the first long smooth phrase of music)*. Repeat once more to the other side.
- (ii) Arms parallel and stretched forward, bend elbows and connect hands, palm to palm at chest height. **PRESS** hands against each other, then relax and change to **one palm up and one palm down**, fingers hooked so you can **PULL** against each other *(This is timed to take up the third long smooth phrase of music)*. Repeat the press and pull actions once more.
(i) and (ii) take up the first four long smooth phrases of music.
- (iii) **Jog and turn on the spot, changing direction with every new phrase of music (8 phrases)**. Look straight ahead.
Repeat the series of stretching activities to the end of the music.



(This activity is an energiser and helps with large motor control, co-ordination and flexibility. It integrates brain function related to voluntary movement)



START-OF-AFTERNOON

(CD Track 24
“South American Sounds”)

(W1) “Breathing” Extension (iv)

(CD Track # 1 “Breathing”)

- Stand easily and erect with one foot close in front of the other (*heel to toe*) arms at side. Exhale through the nose and empty lungs completely. Look straight ahead.
- (i) Slowly **inhale** through the nose, push out abdomen and chest and slowly bring arms high overhead, **palms up** and rise up on toes. Touch palms together overhead and hold for a moment.
- (ii) Slowly **exhale** through the nose as you lower arms slowly **palms upwards** and return heels to the floor.
Repeat without pause to the end of the music.



(These movements help children to breathe deeply and evenly. Opening the arms high and wide helps the lungs to expand)



WEEKS 12 & 13

START-OF-AFTERNOON (CONT.)

11

(W5) “Move it” Extension (ii)

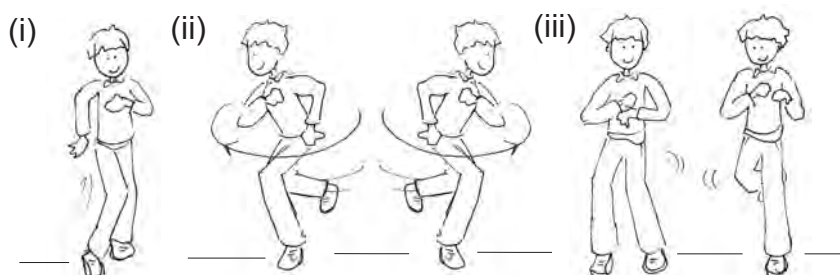
(CD Track # 5 “Move it”)

- (i) Walk on the spot for 2 x 8 beats.
- (ii) **Jog on the spot and turn in both directions 2 x 8 beats. Look straight ahead.**
- (iii) “Hopscotch” (bouncing 2 feet to one foot etc) for 2 x 8 beats.

Repeat the complete sequence to the end of the music.

NB. Children need to listen to the beat and **count** 2 x 8 beats. Also remind children to do their hopscotch hopping onto **either** leg – not to use the same one each time in between the bounce on 2 feet.

(This activity stimulates the blood supply and helps children become more physically alert. Helps improve sequential thinking. It demands concentration and counting!)

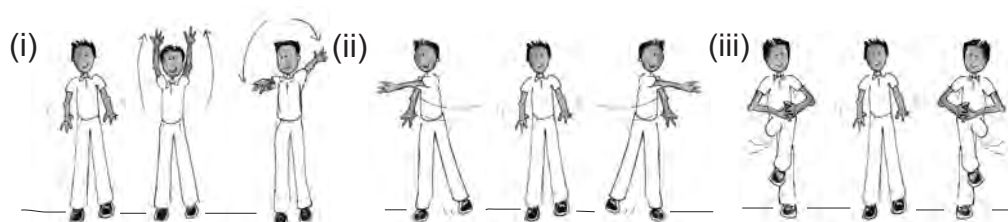


(W7) “Stretching” Extension (i)

(CD Track # 7 “Stretching”)

- (i) **Stretch both arms up high then bring one down in front of the body and one down behind the body in a long slow arc (4 beats). Watch both hands rise and the front hand fall.**
 - (ii) With right arm stretch **across the body** and return to the starting position (2 beats) then repeat with the left arm (2 beats). Repeat (i) and (ii)
 - (iii) **Lift one knee up high** in front of the body and hold it close with both hands. Return to standing (4 beats). Perform the action with **the other leg** and then repeat to each side once more for a total of 4 x 4 beats.
- Repeat (i), (ii) and (iii) completely through once more.

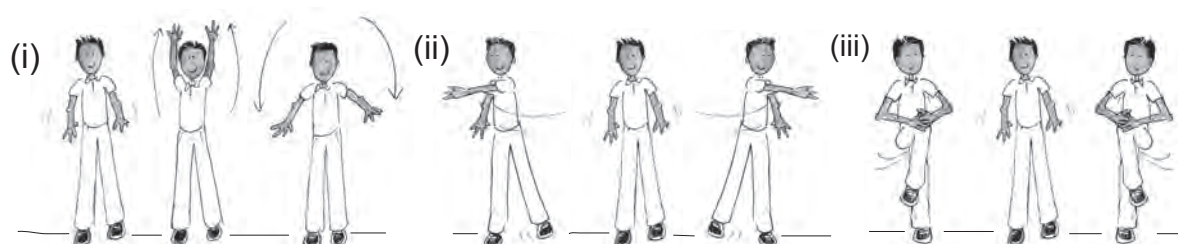
(This activity helps improve balance, posture, flexibility and co-ordination and stimulates both sides of the brain)



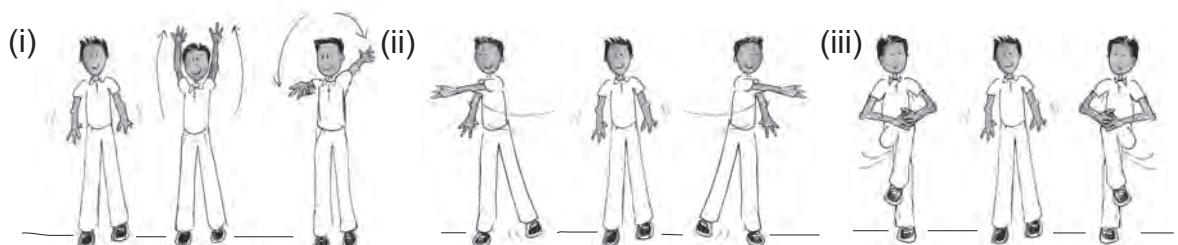
(W7) "Stretching" (CD Track # 7 "Stretching")

- (i) Stand with feet slightly apart. Stretch up high with both arms and bring them back to the sides of the body in a long slow arc out sideways (4 beats)
- (ii) With right arm stretch **across the body** and return to the starting position (2 beats) then repeat with the left arm (2 beats). Repeat (i) and (ii)
- (iii) **Lift one knee up high** in front of the body and hold it close with both hands. Return to standing (4 beats). Perform the action with **the other leg** and then repeat to each side once more for a total of 4 x 4 beats.
Repeat (i), (ii) and (iii) completely through once more.

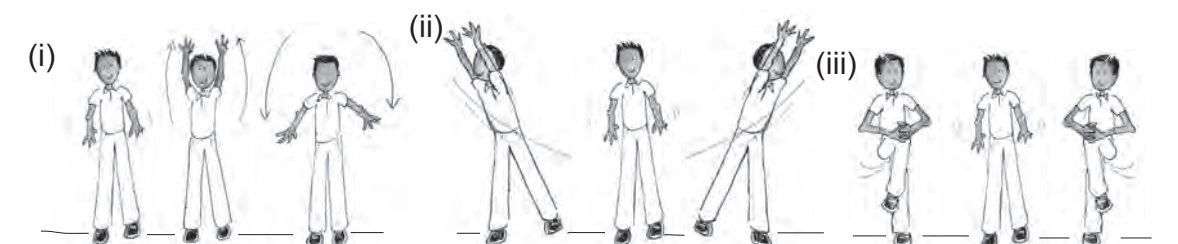
(This activity helps improve balance, posture, flexibility and co-ordination and stimulates both sides of the brain)



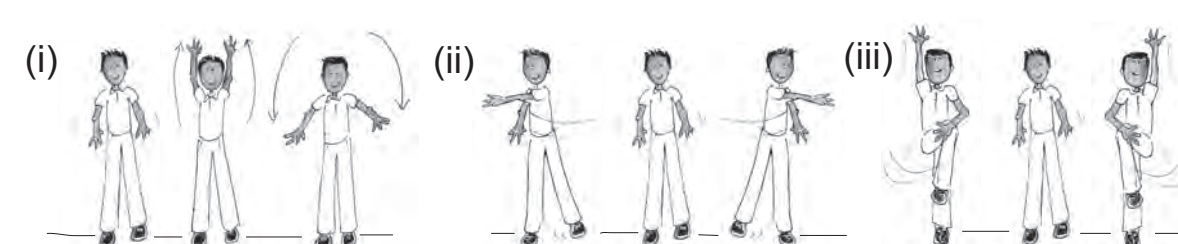
Extension (i) In section (i) stretch both arms up high then bring **one down in front of the body and one down behind the body** in a long slow arc (4 beats). Watch both hands rise and the front hand fall.



Extension (ii) In section (ii) stretch across the body **high** and lean - release one foot from the floor. Look at raised hand.



Extension (iii) In section (iii) **raise one knee**, hold it with the **opposite hand** and stretch the free arm up high in the balance. Look at the ceiling.



ACTIVITY 12

(12A) Rhythms – “Fast and slow”

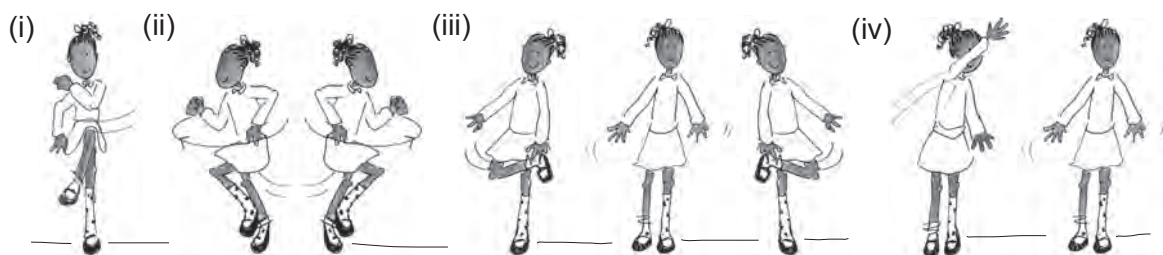
(CD Track # 19 “Rhythms”)

- (i) March with high knees, keeping to the beat. Swing arms right across the body as you march (2 x 8 beats).
- (ii) Jog on the spot in time to the music (2 x 8 beats).
- (iii) Lift one leg and take the foot across the **front** of the body. Touch heel with opposite hand then replace foot to the ground. (1 and 2). Repeat on the other side. Eight crossovers in 16 beats.
- (iv) Stretch high across the body with one hand and return to the starting position (1 and 2). (Stretch as high and as far as possible). Eight stretches taking 16 beats. Repeat the complete series of movements to the end of the music.

(This is an aerobic exercise that helps develop a healthy heart and lungs, gross motor movement on both sides of the body and posture building. It develops hand-foot co-ordination and flexibility)



Extension (i) In section (ii) jog and **turn in one direction** for 8 beats. Then in **the other** for 8 beats. Look straight ahead of you.



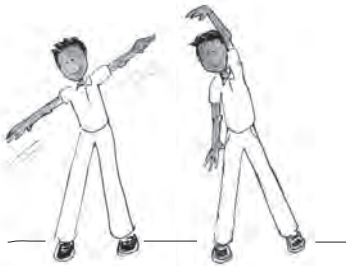
Extension (ii) In section (iii) touch the raised heel with **both hands** (keep the body as upright as possible and look straight ahead.)



Extension (iii) In section (iv) stretch across the body and **take one foot from the ground to lean**. Repeat to each side - eight stretches taking 16 beats. Look at the hand.



PRE-SESSION ACTIVITIES (2)



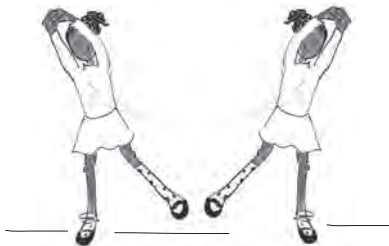
Arms at shoulder level. Tip and bend to one side. Alternate sides.



Clasp hands behind back, bend forward and raise hands high behind.



Reach across body high with one hand. Alternate sides.



Stretch across to one side with both hands - lean and raise foot.



Clasp hands together and reach to one side / high / other side / low.



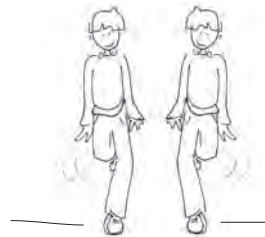
Hold foot up behind the body with same-side hand.



Reach high with one hand, standing on one leg. Alternate feet.



Circle wrists/hands to one side, down low and out to the other side. Change body weight and lean.



Jog on the spot, raising feet behind and touching feet with hands behind the body.

X

