

② GENERAL WARM-UP - "STRETCH AND JOG"
(musical accompaniment Track 2)

- (i.)
- (a.) Stretch bottoms 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 twice more - then jog about the room to the "jogging" music.
 - (c.) Repeat (a.) and (b.) until the end of the music.
- (ii.)
- (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 twice 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.) With a partner make up your own stretching movements to the slow phrases and decide how you are going to travel.
- (iv.) 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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④ GENERAL WARM-UP - "TRAVEL, STRETCH AND BEND"
(musical accompaniment Track 4)

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

The following patterns need to be learnt and then repeated to music.

- (i) March on the spot (*8 counts*)
Jog in and out of spaces (*8 counts*)
- (ii) Stretch high towards the ceiling (*4 counts*)
Bend down to touch the floor (*4 counts*)
Roll sideways and stand up to stretch (*8 counts*)
- (iii) Walk in and out of spaces (*8 counts*)
Side step (*gallop*) in and out of spaces (*8 counts*)
- (iv) Slowly stretch up high and hold (*8 counts*)
Slowly stretch out wide and hold (*8 counts*)

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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