

## TRACK 12

### S 38 REACH, SWING AND JOG

### TRACK 12



This is a set-pattern warm-up:-

- Stretch upwards with feet shoulder-width apart.
- Reach towards the ceiling with alternate arms (*as if climbing*) and at the same time transfer weight from right foot to left and repeat. The arm moves at the same time as the foot so that at each side there will be a stretching feeling through one side of the body (*8 beats*).
- At the end of 8 counts, relax the arms and let them loosely swing backwards and forwards for 8 counts.
- Jog to another space for a count of 2 x 8 beats and repeat the whole phase.



### S 39 REACH, SWING AND JOG

### TRACK 12



Children do the warm-up in 2's side-by-side in unison.

### S 40 REACH, SWING AND JOG

### TRACK 12



Children work out how they can do this warm-up in 2's using different partner relationships,

e.g. side-by-side  
back-to-back  
meet-part etc.

### S 41 REACH, SWING AND JOG

### TRACK 12



Children work in a small group to perform the warm-up.  
How can they change the shape of the group?