

**GRADE 1****PERFORMING ARTS****20-24 APRIL 2020 (LOCKDOWN)****Time allocation: 20 minutes X2 times per week**

Due to the practical nature of Performing Arts, it is required that parents/guardians assist learners in doing these exercises by reading the instructions aloud as they do it. Some of the exercises given might require a bit of space. If this is not available learners can try and do these exercises on the spot.

**Warm-Up**

- Stretch your arms up, stretch your arms to the side like you are getting out of bed and yawning.
- Shake your hands (count to 8 as you do it), shake your feet (count to 8 as you do it), shake your arms (count to 8 as you do it), shake your legs (count to 8 as you do it).
- Stretch up tall (like you are picking an apple high off the tree), bend down low (like you are putting it in the basket on the floor). Repeat this twice more.

**Locomotor Movements with Direction**

- Free walking or running forwards, now walk/run backwards -watch out for others or obstacles that might be in the way.
- Fast walking/ running in one direction (watch for others and obstacles). STOP. Fast walking/ running in another direction. STOP. Fast walking/ running in another direction.
- Before starting the steps below, stand with your feet together and hands on your waist.
  - Do 8 skips making a circle.
  - Do 8 gallops to the RIGHT.
  - Do 8 gallops to the LEFT.
  - Do 8 marches in any direction.

**Cool down-** Stretch up and try and touch the sky, slowly bend down and touch your toes. Repeat this 3 times.