

**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**

- Sitting on the floor- Circle your wrists (clockwise while counting to 8). Repeat anticlockwise. Circle your ankles (clockwise while counting to 8). Repeat anticlockwise.
- Standing- Shake your hands (while counting to 8), shake your feet (while counting to 8), shake your arms (while counting to 8), shake your legs (while counting to 8).
- Sitting on the floor- Curl your spine (hugging your knees) and then stretch your spine (sitting up straight). Repeat this 3 times.

**Keeping a steady beat while doing locomotor and non - locomotor movements**

- Using a homemade instrument (a small pot and spoon, two plastic cups or beating a small box with your hand) the learner plays a 4/4 rhythm (1 2 3 4...1 2 3 4...1 2 3 4) or any rhythm the learner is comfortable with. While playing the rhythm the following steps can be done (if a learner is not able to keep an instrument and do the actions, the learner can clap):
  - Walking on the spot or anywhere in the room (using different directions)
  - Marching on the spot or anywhere in the room (using different directions)
  - Skipping anywhere in the room
  - Bouncing on the spot
- Keeping a steady beat with change in tempo whilst clapping e.g. walking in fours, skipping in twos, etc.

**Cooldown**

Stretch up and try and touch the sky. Slowly bend down and touch your toes. Repeat this 3 times.

