

**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**

- Swing your arms (while counting to 8).
- Knee bends – Focus on posture, alignment of knees over the middle toes when bending. Do 8 slow knee bends.
- 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).

**Locomotor and non-locomotor movements focusing on jumps**

- Standing feet together and hands on hips do 8 jumps on the spot (focusing on posture, alignment of knees, pushing off the floor and landing softly). Repeat twice.
- Run across the space and jump as high as possible (any kind of jump) showing elevation, landing softly with control, balance and co-ordination. Repeat twice doing different kinds of jumps.
- Standing with feet together and hands on your waist do 8 small jumps on the spot and 8 skips anywhere in the space. Repeat 3 times.

**Cooldown**

- Stretch up and make your body big and tall. Bend down and make your body small like a ball. Repeat 3 times.

