

GRADE 1**PERFORMING ARTS****4-8 May 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**

- **Combination 1** (this is the same combination as last week, learners should now be able to do it with ease)
 - Start with your feet together and your hands on your waist.
 - Do 4 small jumps on the spot.
 - Do 4 marches going forward starting with your right leg.
 - Do 4 gallops going to the right starting with your right leg.
 - Do 4 claps standing on the spot.
 - Repeat the combination starting with your left leg.

- **Combination 2** (focusing on travelling backwards)
 - Start with your feet together and your hands on your waist.
 - Do 4 marches going forward.
 - Do 4 gallops starting with your right leg and travel to your right.
 - Do 4 walks starting with your right leg going backwards.
 - Do 4 gallops starting with your left leg and travel to your left.
 - Repeat all starting with your left leg.

Once learners are confident to walk backwards without having to look back, repeat the whole exercise doing 8 marches, gallops and walks.

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