

**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 or clapping your hands) do the following exercises:
  - Choose a nursery rhyme (one that you know the words to) and sing it while playing your instrument/clapping your hands. Remember to keep the beat of the song using your instrument/clapping your hands.

**Combination**

- Start with your feet together and hands at your sides.
- Do 4 soft claps.
- Do 4 loud claps.
- Do 4 marches going forward starting with your right leg while clapping loudly (clap on each march).
- Turn on the spot to your right (full circle), small bend and jump.
- Do 4 gallops to the right starting with your right leg.
- Do 4 soft claps to end.
- Do this until you are able to do it as a combination without stops.

**Cooldown**

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

