

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

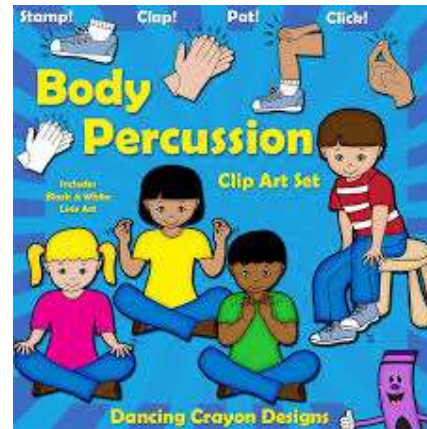
- **Combination** (this is the same combination as last week, learners should now be able to do it with ease)
 - Start with your feet together and hands at your sides.
 - Do 4 soft claps.
 - Do 4 loud claps.
 - Do 4 marches going forward starting with your right leg while clapping loudly (clap on each 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.

Keeping a steady beat using body percussion

- **Own body percussion sequence**

Remember that when you hit different parts of your body or when you click your fingers or stamp your feet you create different sounds. In this body percussion sequence you are going to make different sounds using your body (reminder we do not hit ourselves in the face or hit anybody else).

 - Create a body percussion sequence for 8 counts (must be able to hear 8 sounds).
 - Once you have learnt the sequence repeat it to create a sequence of 16 counts.
 - Use different sounds to make your sequence sound interesting.



Cooldown

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