

**Time allocation: 20 minutes X2 times per week**

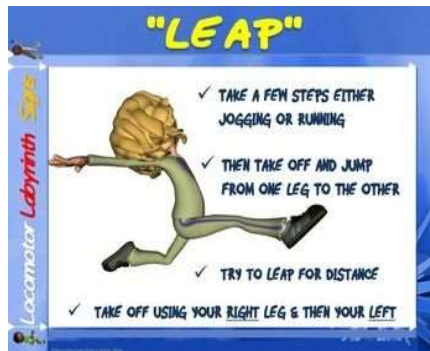
Due to the practical nature of Performing Arts, it is required that parents/guardians assist learners in doing these exercises by reading the instructions aloud as they do it. Some of the exercises given might require a bit of space. If this is not available learners can try and do these exercises on 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.
- In this exercise you are going to pretend to jump over a river. Find two sticks/shoes and set them a few centimetres apart. Run up to the sticks/shoes and jump ‘over the river’ making sure that your legs are straight and apart (one in front of the other). Your arms should be straight up in the air. Repeat this by moving the sticks/shoes further and further apart.



- **Combination**
  - Start with your feet together and your hands on your waist.
  - Do 4 gallops to your right starting with your right leg.
  - Turn to your right on the spot (full circle), bend and jump.
  - Do 4 skips going forward starting with your right leg.
  - Turn to your right on the spot (full circle), bend and jump.
  - Do 4 gallops to your left starting with your left leg.
  - Turn to your left on the spot (full circle), bend and jump.
  - Do 4 walks backwards starting with your right leg.
  - Turn to your right on the spot (full circle), bend and jump.

**Remember to keep your back upright when doing the skips, gallops and jumps on the spot.**

**Cooldown**

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