

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

- **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 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.
- **Own dance combination**
 - Decide on a starting picture (this can be any position they make using their arms as well). Hold this starting picture for a few seconds.
 - The dance combination should last for 16 counts only (the 16 counts only start once you start moving). Use any of the following locomotor (movements that move) and non-locomotor movements (movements that stay on the spot) to complete your combination:



- Try and make the floor pattern interesting (do not do the whole combination on the spot)
- Decide on an ending picture (this should be any position they make using their arms as well). Hold this ending picture for a few seconds.
- Go over this combination until you are able to do it like a performance.
- **Dance combination should look like this:**
 Starting picture (hold for a few seconds to let audience know you are about to start).
 Locomotor and non- locomotor movements for 16 counts.
 Ending picture (hold for a few seconds to let the audience know you are done).

Cooldown

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