

## COLD DAY WARM-UP

This warm-up uses everyday actions (gestures) as starting points, then coordinates them with other actions such as travelling, turning and jumping. It reinforces pulse and rhythm.

### Ages

Early years and key stage 1.

### Accompaniment

Choose music with a steady beat.

### Formation

Children sit near you but not touching each other.

### Description

1. Discuss and explore actions that warm up the hands on a cold day (e.g., rub, shake, clap, wiggle fingers, curl and stretch).
2. Do the same for the feet (e.g., stamp, wiggle toes, run, jump while still sitting).
3. Do clapping, shaking and rubbing gestures and perform to the music. Here are examples:
  - Clap on the beat 8 times (or more slowly 4 times).
  - Shake on the beat 8 times.
  - Clap on the beat 8 times.
  - Rub hands quickly but take 8 counts.

Repeat or create different patterns using the same three actions.

4. Stand up and add steps on the spot (e.g., clap and stamp, shake and bounce knees, rub and run quickly and lightly on the spot). Perform the phrase and repeat.
5. Stamp and clap to a new space. Stay on the spot to shake hands and jump at the same time, then rub hands together and run lightly on the spot (this could develop into turning). Repeat several times until children are breathing quickly.
6. Stretch out arms wide and then hug the body. Repeat several times and combine stretching and contracting with jumping the feet apart and together.
7. To end the warm-up, slow down the stretch and contract action so that it is a sustained stretching and curling action.