

SHAKY WARM-UP

This warm-up is based on shaking body parts in isolation and coordination.

Ages

Reception and key stage 1.

Accompaniment

Select a lively piece of music with a steady beat, such as "Boom Shak-a-Lak" by Apache Indian (Island Records).

Formation

Start with the children sitting on the floor near you but with some space between them.

Description

1. Ask the children which parts of the body they could shake to warm up.
2. Put the music on and shake the shoulders (singly then both together), then work through the body: arms, hands, heads (best to focus in small movements such as nodding), tummies, hips (take weight on hands and lift buttocks off the floor), legs, knees and feet.
3. Get the children to achieve core stability by balancing on buttocks and shaking hands and feet in the air together.
4. Stand and repeat the shaking actions from shoulders to feet. This time introduce a pattern of wrist and hand shakes: high to low and back to high again or 8 shakes high, 8 low and 8 to each side.
5. For the feet, step on one foot and shake the other. Repeat and coordinate with arms and hands shaking.
6. Use this phrase of step and shake to travel into a bigger space and repeat the pattern of wrist and hand shakes that you created earlier.
7. Ask the children to shake as many parts of the body as they can at the same time but to freeze when the music stops. Repeat several times to encourage good control and tension.
8. Challenge the children further by asking them to jump as they shake, travel and shake or turn and shake and freeze each time the music stops.
9. Finish the warm-up with some strong, slow stretches with hands leading upwards, then down to the floor and to each side of the body.