



Wake up to Learning.

10 x Looking left and right.

10 x shoulder shrugs.

10 x toe and heel on the spot.

10 x reaches up - stretching on tiptoe.

10 x knees up while marching. (90 degree knees)

10 x heels up to bottom - running.

Hold balance on 1 foot for count of 10 seconds; repeat with other foot.

(Extend time as year progresses/children improve).

2 feet together jumping forward and back for a count of 10.

(Extend to 2 feet to 1 foot as year progresses/children improve).

10 x running, knees up and arms marching.

10 x running, heels up to bottom.

Feel heart - talk about effect on body.

Cool down.

10 x heel and toe on the spot.

Shake out different body parts.

5 x deep breaths.

