

Gym/dance

Aim: to create body shapes and copy actions.

W/up Sherborne

Greeting: Rub opposite shoulders with hands, rock side to side with arms outstretched (aeroplane) count 1,2,3 and call out an animal name (do this 5 times and let your child choose which animal you will call out next)

Self: Row your boat, sit back to back and rock from side to side and forward and back, with pressure slide hands down the side of your legs as far as you can and then wiggle toes. With arms, legs and hands outstretched, slowly curl up – begin with hands, bring arms in, legs in curl over and tuck head in – then spring open again repeat 3 or 4 times.

Core: rock on back, roly-poly's, lie on back and stretch out wide, look at the ceiling and high in the room – what can you see?

Main: Create some animal shapes –

On the floor movement: snakes – wriggle on the floor; crocodile – lie on the floor and snap arms together

Balance hands and feet: camel – on hands and feet; tortoise – hands and knees and move slowly; hippo – hands and knees;;

Walking in different ways: giraffe – as tall as you can with an arm in the air; elephant – stomp around the room with an arm as a trunk; Ostrich – take large steps and put arms behind you as feathers

Jumping: kangaroo – lots of short hops; frog – crouch and jump; grass hopper – one big jump; Tigger – hop on one foot

Play - [Nursery Rhyme | The Animals Went In Two By Two | HooplaKidz - YouTube](#) 'the animals went in two by two'.

Choose one from each category above and put them into a sequence for your child to copy. E.g. snake – camel – giraffe - frog

Cool down: Quiet as a mouse – curl up and be as quiet as you can then stretch out as long as you can.

To Challenge: create your own sequence. Come up with more animal shapes for each category.

PMLD: Try the Sherborne movements and support the movements.

Listen to the music and move your hands on their arms for different animals e.g. slide your hand down their arm for snake, snap your hands with theirs for crocodile, walk your fingers up their arms for ostrich. Include animal noises.