



# WARM UP

**Grade 1-3 suggestions (10 mins)**

## How to warm up before joining our online classes or practicing with our Grade resources

### 1 ARE YOU READY TO DANCE?

- Have you got permission from your adults to dance?
- Is your dance space clear and safe to dance in?
- Have you got the right cloths on? Your dance things are best!
- Have you got the right foot wear? Hard surfaces need ballet shoes, carpets need bare feet or socks.
- Have you got a drinks bottle filled to hand?
- Have you got the teachnologie set up?
- Have you warmed up? See below!

### 2 WAKE UP YOUR BODY

- Stand with your feet hip width apart.
- Start turning your head to the right, left, up and down coming back to the centre each time. (x4)
- Shoulder rolls backwards (x16)
- Reach from side to side as though you are trying to get something that is out of reach. (x16)
- Sways from side to side, letting the arms swing with you and let them slowly get higher and higher (x 16)
- Finally reach up and take a deep breath in and out arms relaxing to your sides.

### 3 GET YOUR HEART RATE UP

For this you could:

- Build up a jog on the spot
- Galop to the Right (as much as space allows) repeat to the left
- Very high and energetic Marches.
- Small jumps getting higher



### 4 STRETCH

- Reach up, legs hip width apart and touch the floor, you should feel a stretch down the backs of your legs (Hamstring) (Hold 10 secs)
- Hold your ankle and lift to your bottom, Right, then left, you should feel a stretch in your thigh/quad (Hold 10 secs)
- Legs hip width apart, with your hands by your side reach to your knee, bending your body, you should feel a stretch in your side, repeat to the other side (Hold 10 secs)



### 5 AFTER CLASS

- Take a deep breath in reaching up as high as you can and breath out relaxing your arms.
- Use our stretching information to help you stretch safely.
- Make sure you drink plenty after
- Schdeule in when you will next take class! See you again soon!

