Wake and shake

Cross crawling:
X8
Opposite hand to lifting knee
Opposite hand to foot behind the body
Lift opposite arm and leg out to the side

Lift opposite arm and leg out to the side
Opposite hand to foot in front of body
Opposite hand to foot behind the body
Opposite hand to lifting knee
**Wake and shake**

Sporting actions:

- **Tennis**
  - Bounce ball
  - Serve
  - Ready position
  - Forehand shot
  - Backhand shot
  - Ready position

- **Swimming**
  - Jump dive in
  - Front crawl
  - Breast stroke
  - Hold nose bend knees and squat
  - Jump
  - Back stroke

- **Basketball**
  - Pass ball around your waist
  - Dribble ball to side while jogging on spot
  - Change hands
  - One foot in front of the other change for
  - Jump shot
  - Pass ball in a figure of 8 between your legs

- **Football**
  - Tow tap the ball
  - Kick ball side to side
  - Kick right leg then left
  - Lift knee right then left
  - Lift shoulder right then left
  - Bend knees lift up move head
  - Bend forward arms out
  - Jump up
Wake and shake

Pulse raising:

Counts of eight
March
Skip
Kick low
Hip twists
Side steps
Travolta's (jumping jax with pointing arms)

Wake and shake

Pulse raising:

Counts of eight
March
Hop scotch
Side step
Spotty dog
Jump and stretch
Bounce

Wake and shake

Counts of eight
March
Half jaxs
Skip in a circle
High knees
Hip twists
Spotty dogs

Wake and shake

Counts of eight
March
Side step
Hopping
Jumping jax
Bounce
Shadow walk