Traffic Light

Warm ups

Green—Run round
Amber—Squat down
Red—Freeze
Speed bumps—Jump up and down
Roundabout—run a circle
Traffic Jam—everyone lines up behind one another
Taxi—Find a partner and follow one another
Lollypop Lady—stand still and direct people with your arm
Zebra Crossing—lay down on the floor
Animal Warm ups

Snake – run in a zig zag
Hippo – on hands and knees roll over on your side back to hands and knees
Kangaroo – jump up in the air two feet
Zebra – move with knees up
Elephant – 2 feet dangle arms down as you move
Bear – crawl moving forwards and backwards on all 4’s
Gorilla – squat and walk
Crab – walk in a bridge
Frog – two footed jump touching both hands on the floor
Crocodile—open up arms and shut
Penguin—keep heels together feet turned out and waddle
Bean Warm ups

Runner—jog around
Broad—stretch arms out
Chilli—pretend to shake your maracas
Jelly—wobble
Baked—lie down
Jumping—jump around
Frozen—freeze
String—stretch up tall
Magic—you do any dance move
Black eye—stand still and punch infront
Baby—curl up on the floor
French—can can kicks
Butter—slide side to side
Beanstalk—on spot pretend to climb
Chick—pretend to be a chicken
Mr Bean—move like Mr Bean
Mr Men Warm up

Mr Rush—run round

Mr Busy—side steps

Mr Small—squat down

Mr Strong—flex muscles

Mr Happy—skip round

Mr Jelly—wobble on the spot

Mr Bounce—jump round

Mr Muddle—walk backwards

Mr Tall—stretch up tall
Pasta Warm ups

Spaghetti—walk tall arms above your head
Tagliatelli—walk arms out to the side
Pasta Twist—turn around as you move
Pasta Bow—walk arms and legs out
Lasagne—lie flat on the floor
Macaroni—circle arms
Spaghetti Hoops—make a circle with a partner
Cannelloni—roll on the floor
Ravioli—stand back to back with a partner