

Wake and shake



Cross crawling:

X8

Opposite hand to lifting knee

Opposite hand to foot behind the body

Opposite hand to foot in front of body

Lift opposite arm and leg out to the side



Wake and shake



Cross crawling:

X8

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



Cross crawling:

X8

Opposite hand to foot behind the body

Opposite hand to lifting knee

Lift opposite arm and leg out to the side

Opposite hand to foot in front of body



Wake and shake



Cross crawling:

X8

Opposite hand to foot in front of the body

Lift opposite arm and leg out to the side

Opposite hand to lifting knee

Opposite hand to foot behind the body



Wake and shake



Sporting actions:

Tennis

Bounce ball

Serve

Ready position

Forehand shot

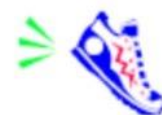
Ready position

Backhand shot

Ready position



Wake and shake



Sporting actions:

Swimming

Jump dive in

Front crawl

Breast stroke

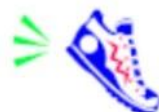
Hold nose bend knees and squat

Jump

Back stroke



Wake and shake



Sporting actions:

Basketball

Pass ball around your waist

Dribble ball to side while jogging on spot

Change hands

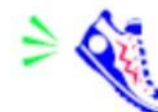
One foot in front of the other change feet

Jump shot

Pass ball in a figure of 8 between your legs



Wake and shake



Sporting actions:

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

avon valley

March

Skip

Kick low

Hip twists

Side steps

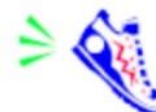
Travolta's (jumping jax with pointig arms)

school sports partnership



wake and shake

Pulse raising:



Counts of eight

avon valley

March

Hop scotch

Side step

Spotty dog

Jump and stretch

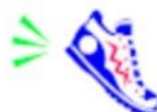
bounce

school sports partnership



wake and shake

Pulse raising:



Counts of eight

avon valley

March

Side step

Hopping

Jumping jax

Bounce

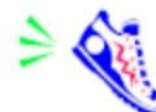
Shadow walk

school sports partnership



wake and shake

Pulse raising:



Counts of eight

avon valley

March

Half jaxs

Skip in a circle

High knees

Hip twists

Spotty dogs

school sports partnership

