

Grade 1 Free Work		
Exercise	Track	Suggested movement content
Warm Up Game and Skip change of step	- You're welcome (AH) - Under the sea (JS) - Hakuna Matata (BLR)	Skips, gallops, skip change of step, spring points, spins, jumps
Turns	- Part of your world (AH) - Surface pressure (DF) - We don't talk about Bruno (DF)	Spins and balance, spins on diagonale, parallel pose turns, skips turning
Jumps	- Baby Shark (AH) - Get back up again (AH) - Supercalifragilistic... (TW)	Jumps in parallel (feet together and apart, hops, springs from one foot to the other, claps)
Improvisation	- Let it go (NF) - Part of your world (N Field) - You've got a friend in me (N Field) - Waiting on a miracle	Use props where possible Give an idea of a simple imagery that can change - seasons, weather, elements, journeys, animals, landscapes, shapes, textures, space
Stretch and reverence	- I see the light (BLR) - Just around the riverbend (BLR) - Can you feel the love tonight (BLR)	Adductor (butterfly legs), hamstrings, side stretch, simple port de bras