

Primary Free Work		
Exercise	Track	Suggested movement content
Warm Up Game and Skips	• Under the sea (AH) • Hakuna Matata (AH) • Somethings never change (NF)	Skips, gallops, skip change of step, spins
Jumps	• Love is an open door (AH) • Be our guest (AH) • I just can't wait to be king (NF)	Jumps in parallel (feet together and apart, hops, springs from one foot to the other, claps
Turns	• Do you want to build a snowman (BLR) • You've got a friend in me (AH) • Let it got (BLR)	Spins and balance, spins on diagonale, skips turning
Improvisation	• Lets go fly a kite • Somewhere over the rainbow • How far I'll go (N Field) • Whistle while you work	Use props where possible Give an idea of a simple story - trip to the beach, flying a kite, picnic, zoo to see different animals, weather etc.
Stretch and reverence	• Colours of the wind (BLR) • A dream is a wish your heart makes (BLR) • When you wish upon a star (BLR)	Adductor (butterfly legs), hamstrings, side stretch, simple port de bras