



Traffic Light Warm ups



Green— Run round

Amber— Squat down

Red— Freeze

Speed bumps— Jump up and down

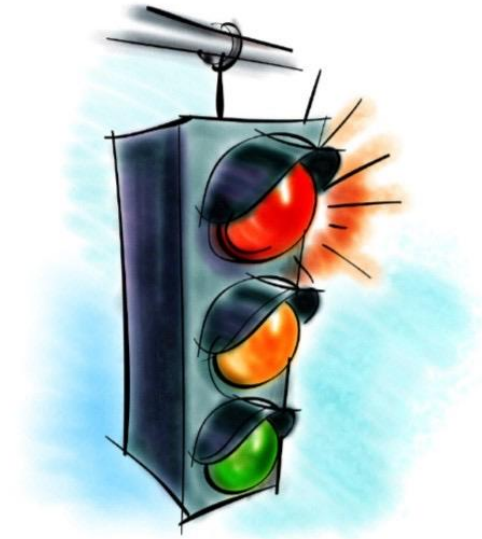
Roundabout— run a circle

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 in front

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

