

7 MINUTE WARM UP LATE LAST NIGHT.....

**THIS IS A - CREATIVE QUICK TASK TO START OR END A
CLASS**

AIMED AT - KEY STAGE 1 & 2

**RESOURCE - THIS TASK CAN BE USED WITH NO MUSIC
AND JUST THE INSTRUCTIONS. IF YOU WOULD LIKE TO
USE THE MUSIC TO GUIDE YOU, YOU CAN USE THE
YOUTUBE LINK BELOW OR FIND THE TRACK 'LATE LAST
NIGHT' BY JOE SCRUGGS**

LINK - [LATE LAST NIGHT](#)

**OBJECTIVE: ASK THE CHILDREN TO LAY ON THE FLOOR
AND LISTEN TO EITHER YOUR INSTRUCTIONS OR IF USING
THE MUSIC TO LISTEN TO THE MUSIC AND YOUR
INSTRUCTIONS TO GUIDE THEM. THE LYRICS AND YOUR
INSTRUCTIONS WILL TAKE THEM THROUGH PUTTING ON
13 DIFFERENT PAIRS OF SHOES. THE CHILDREN WILL
MIME PUTTING ON THE SHOES AND THEN DECIDE HOW
THEY WOULD WALK/MOVE IN EACH OF THOSE SHOES.**

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1. **SPRINGS:** "SPRINGS ARE FOR JUMPING! HOW HIGH CAN YOU JUMP? CAN YOU STAR JUMP? JUMP TURN AROUND? JUMP EVEN HIGHER?"
2. **BALLET SHOES:** "PUT ON YOUR BALLET SHOES. STAND UP! TIPPY-TOE ROUND AND ROUND!"
3. **ICE SKATES:** "PUT ON YOUR ICE SKATES. LET'S GO SKATING ON ONE FOOT THEN THE OTHER." ONE FOOT HOPS THROUGHOUT THE ROOM, BACK LEG IN ARABESQUE (BENT LEG BEHIND)
4. **SPACE BOOTS:** "PUT YOUR SPACE BOOTS ON. CLIMB THE LADDER TO YOUR ROCKET SHIP." (MARCH IN PLACE WITH HIGH KNEES; HANDS MIME CLIMBING A LADDER.)
5. **FLIPPERS:** "SWIM AND SWIM WITH YOUR FLIPPERS [LEGS] KICKING BEHIND. WATCH OUT FOR SHARKS!" (ARMS SWIM AND LEGS PICK UP BEHIND.
6. **MOTORCYCLE BOOTS:** "MOTORCYCLES ARE FAST. GET OUT YOUR HANDLEBARS AND ZOOM!" (RUNNING THROUGHOUT THE ROOM HOLDING MOTORCYCLE HANDLEBARS).
7. **FLIP-FLOPS:** "PUT YOUR FLIP FLOPS ON. PRETEND YOU ARE ON HOLIDAY WALKING IN THE HOT SAND.
8. **COWBOY BOOTS:** "COWBOYS RIDE HORSES! CAN YOU GALLOP LIKE A HORSE?" (HIGH KNEE GALLOPS, ARMS HOLD THE HORSE'S REINS).



LATE LAST NIGHT.....

- 8. COWBOY BOOTS:** "COWBOYS RIDE HORSES! CAN YOU GALLOP LIKE A HORSE?" (HIGH KNEE GALLOPS, ARMS HOLD THE HORSE'S REINS)
- 9. MOCCASINS:** "MOCCASINS ARE WHAT HUNTERS WEAR. CAN YOU BE SNEAKY LIKE A HUNTER? DON'T LET A BEAR HEAR YOU!" (SNEAK THROUGH THE ROOM MOVING DOWN LOW. YOU COULD HAVE A STUDENT SAY.: "I SEE A BEAR!" AND THEN THE CHILDREN TURN AND SNEAK AWAY IN THE OPPOSITE DIRECTION.)
- 10. ROLLER SKATES:** "ROLLER SKATES SLIDE ACROSS THE FLOOR. CAN YOU SLIDE YOUR FEET ACROSS THE FLOOR?" (SLIDE FEET ACROSS THE FLOOR OR STEP-HOP-HOP THROUGHOUT THE ROOM WITH ARABESQUE ARMS).
- 11. TAP SHOES:** "TAP SHOES MAKE NOISE BECAUSE OF THE TAPS ON THE BOTTOM. CAN YOU SHUFFLE YOUR FEET FRONT BACK FRONT BACK? CAN YOU STOMP? SLOW? AND FASTER?"
- 12. CLEATS:** "CLEATS ARE WHAT FOOTBALL PLAYERS WEAR! CAN YOU RUN AND CATCH THE BALL? RUN, RUN, RUN. CATCH THE BALL!" (RUN AND LEAP WITH ARMS REACHING UP TO "CATCH" THE BALL)
- 13. YOUR OWN SHOES:** "PUT YOUR OWN SHOES ON!" THIS COULD BE USED TO ACTUALLY PUT THEIR OWN SHOES ON AT THE END OF CLASS TO GET READY TO LEAVE OR HOW WOULD THEY MOVE IN THEIR OWN SHOES.