

附件 1

Warm up

- Turn Your Head (make a circle with your head)

1-2-3-4-5-6-7-8-9-10

2-2-3-4-5-6-7-8-9-10

- Shoulder Circles (make a circle with your shoulders)

forward

1-2-3-4-5-6-7-8-9-10

backward

2-2-3-4-5-6-7-8-9-10

- Arm Circles (make a circle with your arms)

forward

1-2-3-4-5-6-7-8-9-10

backward

2-2-3-4-5-6-7-8-9-10

- Hip Circles (make a circle with your hip)

Make circles

1-2-3-4-5-6-7-8-9-10

Change direction

2-2-3-4-5-6-7-8-9-10

- Knee Circles (Hands on your knees, and making circles)

Make circles

1-2-3-4-5-6-7-8-9-10

Change direction

2-2-3-4-5-6-7-8-9-10

- Jump

1-2-3-4-5-6-7-8-9-10

- Jumping Jacks

1-2-3-4-5-6-7-8-9-10