

DANCE BRINGS ME JOY

Have a go at mastering this short routine, we can try it in assembly when we are all back together -

Song: Dance Monkey



Remember to Warm up

Brisk walking,
Star jumps,
Light jogging,
marching or skipping.



Step one

1

Swish arms side
to side above
your head X 8



Step 2

2



x 4

3

Push your arms
out to the side and
then down x 8



Step 3

4

Spin around one
way and then the
other way



Repeat
from step one

Step 4

Walking,
Stretching
your arms and
stretching
your legs are
great ways to
cool down.

Remember to cool down