

1. Hearty Fun

OBJECTIVE

Physical and mental warm-up.

GENERAL MOVES

Walking, running, jumping.

Power arms

Alternately swing arms across the body (elbows slightly bent) in a 'walking' style.

Note: Arms no higher than chin.

Duration: 2 min 50 sec

Hearty Fun

Actions

"4 3 2 1"

Optional: Show countdown using fingers

Let's walk on the spot, let's walk on the spot
Walk on the spot,
Walking on the spot is so much fun!

Continuous walking on the spot, using power arms

♥ Feel your heart beat, boom, boom, boom
A steady beat, boom, boom, boom
It's Hearty's song, boom, boom, boom
It's Hearty's song, boom, boom, boom

♥ **Walking on the spot
Boom, boom, boom: hands overlapping, show pulse action in front of heart**

Let's run on the spot, let's run on the spot
Run on the spot,
Running on the spot is so much fun!

Continuous running on the spot, using power arms

Repeat ♥

Repeat actions ♥

Hearty fun, boom, boom, boom
Hearty fun, boom, boom, boom
Hearty fun, boom, boom, boom
Hearty, Hearty, Hearty fun!

Continuous jumping on the spot, waving hands up high

Let's jump on the spot, let's jump on the spot
Jump on the spot
Jumping on the spot is so much fun!

Continuous jumping on the spot, using power arms

Repeat ♥ x 3

Repeat actions ♥ x 3