



## Warm-up Sequence:

In this warm-up students will warm-up their lower body from a seated position and get ready to move during the lesson today.

### 1 STEP 1

While in their seats, have students:

- Bring right elbow to lifted left knee for 2 counts
- Put foot back down for 2 counts
- Left elbow to right knee lift for 2 counts
- Put foot back down for 2 counts
- Repeat using 1 count for each movement (1 count of 8)

### 2 STEP 2

Still seated have students:

- Place hands on knees
- Arch spine for four counts
- Round spine for four counts
- Arch spine for four counts
- Round spine for four counts
- Repeat using 2 counts for each movement (1 count of 8)

### 3 STEP 3

- Have students flex toes and feet towards their body for four counts
- Flex toes and feet away from body for 4 counts
- Flex toes and feet towards their body for 4 counts.
- Flex toes and feet away from their body for 4 counts
- Repeat using 2 counts for each movement (1 count of 8)

### 4 STEP 4

- Have students bring their left ankle over their right knee and sit with their spines tall towards the ceiling. Hold for 8
- Have students bring their right ankle over their left knee and sit with their spines tall towards the ceiling. Hold for 8
- Repeat and hold each stretch for 4 counts (1 count of 8)

### 5 STEP 5

While students are still in their seats with both feet flat on the floor in front of them:

- Have students raise their heels (*releve*) for 2 counts
- Have students lower their heels for 2 count
- Have students lift heels for 2 counts (*releve*)
- Have students lower heels for 2 counts.
- Repeat using 1 count for each movement (1 count of 8)

## Lesson Application



This warm-up is great for lessons where students will be moving around the classroom and can also be used as a “cool-down” activity after an active lesson. Try using this warm-up in conjunction with a non-arts integration lesson as a brain break to re-engage students when you feel a lull in classroom energy.