



Body warm up 1 (Sports Exercise)

Presenter:

Before you start singing you need to make sure that your whole body is relaxed.
Watch and join in with this exercise.

Find a space and stand with your back straight. Look straight ahead and extend both arms out to your side.

Begin to rotate both arms forward in a circular motion. Take plenty of time and don't rush.
As your arms rotate gradually increase the size of the circles. Keep them moving steadily.
Excellent.

Now gradually decrease the size of the circles until you come back to small circular motion.

And relax. Excellent.

This time place both hands loosely by your side.

After four, move your right arm slowly up above your head to a count of 4 and at the same time breathe in. Then to a count of 4 move your right arm over the top and down behind you and move your left arm up above your head and blow out.

Ready?

Breathe in 2 3 4 and

Out 2 3 4 (ACTION).

In 2 3 4 (ACTION).

Out 2 3 4 (ACTION).

In 2 3 4 (ACTION).

Out 2 3 and (ACTION).

And relax.

To vary this exercise try include other movements associated with swimming or other sports in to your routine.