



Move up a level

PSSI Homepage

Warm up for Dance

The material is planned to suit a range of ages. Please note, some of the warm up activities must be adjusted. Where this occurs it is indicated by reference to **Juniors** (Infants to 2nd Class approximately) and **Seniors** (3rd Class to 6th Class approx)

When doing the dance warm up the following guidelines should be considered:

- Section 1: Mobilize the spine
- Section 2: Raise the body temperature
- Section 3: Challenge co-ordination



ACTIVITY

1 Mobilise the spine

(a) Sitting sequence

Juniors and Seniors

- Raise arms above the head. Now lower arms onto the floor placing one hand on either side of the right knee. Gently rock the upper body forwards towards the knee and back to sitting again. – **8 counts**
- Now repeat with the arms placed at either side of the left knee.
- Sit **tall** and twist the upper body gently from side to side, bringing the arms with you as you twist. – **8/16 counts**
- Sit **tall** again and lean your body to the right side (1,2) centre (3,4) left side (5,6) centre (7,8). Repeat three times approx.
- Continue with the above and stretch the arms above the head (like an umbrella) as you lean from side to side. – **8/16 counts**
- Now stretch the legs out and shake gently and stand up slowly

(b) Body alignment

Juniors and Seniors

- Stand with the feet together. Look down at the feet and lead down to the floor with the head in a slow-motion diving action to end in a crouched position on the balls of the feet with fingertips touching the floor in front of the feet. **8 counts**

Juniors

- Tell the children that this is the birdie perch position.
- Crouch on your perch and do the birdie bop, i.e. gently bounce knees. – **8 counts**

Seniors

- Rock the body gently forward and back taking the weight onto the hands for two counts and back onto the balls of the feet for two counts, then hands, then feet, **8 counts**

Juniors and Seniors

- Reverse back up back to standing position with bum, then back, then shoulders and lastly head leading. **8 counts**
- Raise both arms out to the side, up above the head and back. **8 counts**
- Repeat the above several times.

TEACHING POINTS

- Sitting on the floor, legs crossed, back supported and bum firmly on the floor throughout.
- Encourage the children to **sit tall** as they begin this exercise.

- Tell the children that this is like the wings of a bird opening and closing.

ACTIVITY

TEACHING POINTS

2 Raise the body temperature**(a) Stepping sequence: Changing direction**

Juniors

- Walking on the spot facing the front – **8 counts**
facing the side – **8 counts**
facing the back – **8 counts**
facing the other side – **8 counts**
- Now try jumping, skipping/running/hopping on the spot changing direction after 8 counts as above

Seniors

- Walk forward 2,3,4, Back 2, 3, 4. At the end of every 8, make a quarter turn clockwise, to face a new direction: N, E, S, W.
- Repeat adding a kick/clap

(b) Stepping Sequence: Side to side

Juniors and Seniors

- Side stepping to the right (1 2 3 4)
Step, together, step, together.
Keep the feet together.
Raise the right arm then the left above the head (5 6).
Lower the right arm and then the left arm (7 8)
- Repeat moving to the left.

Seniors

- Repeat side step to the right, bringing the arms, up, down, out, in.
- Repeat moving to the left.
- Repeat moving to the right and left using one arm only (i.e. left arm when moving to the left, right arm when moving right).

ACTIVITY

3 Challenge Coordination**(a) Arm swings**

Juniors and Seniors

- Stand with the feet together and arms by the side.
- Now try and bend the knees while swinging one/both/alternate arms forward and back. – **8/16 counts**
- Now step the feet apart into a wide second position and continue with the arms swinging as above. – **8/16 counts**

(b) Medium/low/high swings

Seniors

- Stand with the feet in a wide position. (shoulder width apart)
- Swing the arms while twisting the body from side to side so the arms wrap around the waist. – **8 counts**
- Continue the swinging action but bend the knees and drop upper body over so the arms swing from one foot to the other on the low level.– **8 counts**
- Stand up again and swing the arms from side to side above the head on a high level. – **8 counts**
- Repeat again several times through each level – **8 counts**
- With older children you can challenge them to do this exercise in **8 counts**, then in **4 counts**, then **2 counts**, and finally **1 count**.

(c) Up-down-out-in

Juniors and Seniors

- Stand with the feet apart.
- Practice moving both arms.
up to the ceiling (1, 2)
down to the floor (3,4)
out to the sides (5,6)
in together to clap (7,8)
- Repeat a few times

Juniors

- Now repeat the above while bending the knees.

Seniors

- Now repeat the above while bending the knees, walking on the spot, walking forward and backwards.

TEACHING POINTS

- Encourage the children to keep both heels on the floor throughout.
- Encourage the children to keep the legs turned out and the knees steady.