

# ACTIVITY PLAN 23 – WARM-UP ACTIVITY

## INCORPORATING “HEADS AND SHOULDERS, KNEES AND TOES”

### Aim

To warm up and stretch the body in preparation for activity, movement and body awareness

### Age

3-5 years

### Equipment

Nil

### Area required

Indoor or outdoor space of suitable size

### Time

Five minutes

### How?

Ask the children to stand in a space so they cannot touch each other. Stand in view of the children so they can copy your actions.

Demonstrate rolling shoulders with arms relaxed down next to the body (this movement can be described as drawing circles with shoulders).

Move both shoulders together in one direction (forward). Once children are capable of performing this action ask them to roll their shoulders in the opposite direction (backwards).

With feet shoulder-width apart, ask the children to bend their knees so they can easily touch their toes.

Reach for the sky, stretching up tall and going on tippy toes. Extend the arms, hands and fingers as high as possible.

Sing the song:

*Heads and shoulders knees and toes*

*Knees and toes, knees and toes*

*Heads and shoulders knees and toes*

*We all clap hands together.*

### Key points

- Ensure children are facing carer and listening carefully.
- Wait until all children have completed each movement before proceeding to the next one.