

Move to the Beat

Routine to Music Activity

**Objectives:**

Learn fun ways to stretch for warming up and cooling down.

Age:

8 years and older.

Length:

Approximately 10 minutes.

Supplies and Materials:

1. Music.
2. Portable stereo to play music.
3. Copy one *Home Activity Stations* handout for each participant's take-home bag.

Activity Directions:

1. Discuss the importance of warming up muscles by walking and stretching. A sample script follows:

When you start any physical activity, you need to warm up your muscles. Warming up helps prevent muscle strain and soreness and increases the stretchiness or elasticity of your muscles. A great way to warm up your muscles is to walk around for a few minutes and then do some stretching.

We are going to do a routine to music. We will start with warming-up activities, do some fast activities and then end by slowly decreasing our speed and energy for a cool down. Cooling down after an activity also prevents muscle soreness.

2. Start the music. Ask participants to follow along and pretend like they are doing the activities. Start slowly and gradually increase the pace.

Warm-Up: Walk

Arms: Climb a ladder

Swim in the water – turn head and use arms

Row a canoe

Swing a golf club – watch to see where it lands

Legs: See-saw on heels and toes – up on your toes, back on your heels
Ride a horse (bend knees) – horse is going a bit faster
Walk up stairs – they get taller and taller

Trunk: Twist like a washing machine – find the spin cycle
Swing like a windmill
Swing a baseball bat, run (in place) to first base

3. Continue with participants shouting things to act out. Near the end, gradually slow the pace for a cool-down, ending with stretching motions.

4. Review the three stages of a physical activity: warm-up, the activity, and cool-down. Share with participants that there will be a sheet in their take-home packets with ideas for setting up routines at home. Encourage them to work with their parents.

Take Home Tidbit

Home Activity Stations handout.



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Dept 3354, 1000 E. University Ave • University of Wyoming • Laramie, WY 82071

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