**Wake & Shake**

Teaching Points Equipment

* Pres set area Skipping ropes
* Safety when moving Hoops

Sound System/Music

Instruction

* Divide children into 3+ groups
* Each group is assigned a piece of equipment- skipping ropes, hoops and no equipment/dance style props
* The idea of Wake & Shake is to get the children moving and their heart rates up
* Play music and children move explore their given equipment
* **Skipping examples**: jump, one foot skip, skipping around the space/on spot, cross arms skip, skipping backwards, turning skip.
* **Hoop Examples**: Dance, spin, throw & catch, spin hoop on different body parts, skip, human hoopla, roll, travel with hoop.
* **No equipment/dance props**: Dance moves, run, jump, leap, spin, exercises and stretches.
* When the music stops children sit down and equipment is swapped.

**Progressions:**

* Balls can also be introduced and skills accept kicking can be practiced
* Dancers/Confident Coaches: Yoga, aerobics, dance style moves for children to copy and Wake & Shake their bodies up!
* Other stations can be added