

WARM-UP

SOF: GYM SAFETY & LANDINGS
THEME: BACK TO SCHOOL

Warm-up song: "TOOTY TA" by Dr Jean

Act out the song *- watch the YouTube video for the actions*

LYRICS
Chorus (repeat every time)
A tooty ta, a tooty ta,
A tooty ta ta.
A tooty ta, a tooty ta,
A tooty ta ta.

Actions (add one each round — keep all previous actions!)
1.👍 Thumbs up
2.💪 Elbows back
3.👣 Feet apart
4.🦵 Knees together
5.🍑 Bottoms up
6.👅 Tongue out
7.🙈 Eyes shut
8.🔄 Turn around

- **After song:** Practice "Safe Landing Position"

