

WARM-UP:
“FALL” INTO THANKSGIVING

WARM-UP SONG WEEKS 1 & 2: TAPPING ON MY STICKS (Kathy Reid-Naiman) - use Lummi Sticks

WARM-UP SONG WEEK 3: Thanksgiving Freeze Dance (The Kiboomers)

AFTER WARM-UP: Practice “Turkey” Kicks (aka Donkey Kicks) in different starting positions

*Parents can assist RED classes

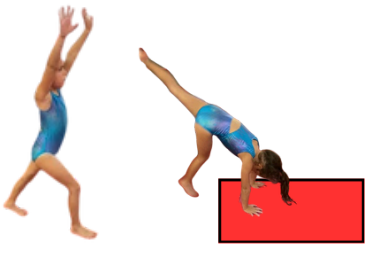




Turkey Kicks jumping 2 feet together.



Turkey Kicks on 1 foot



Turkey Kicks from lunge hands on elevated mat.