



Warm-up song: Forwards, Backwards

(by Kids Action Songs feat. Tarryn Sudding)

Coaches will give each student a scarf to hold while they act out the movements in the song. After the song, students will complete basic stretches and continue the backwards theme by counting backwards and practicing movements both forward and backward.

Example video (you can use any prop to make more fun; we are using scarves):

https://youtu.be/_mvV4_CpAF0?si=Bs5puYGMtO6T7BDV

Lyrics

Forwards, backwards, forwards, backwards, give a little hop, hop, hop.

Forwards, backwards, forwards, backwards, turn around and stomp, stomp, stomp.

Forwards, forwards, forwards, forwards, give a little hop, hop, hop.

Backwards, backwards, backwards, backwards, turn around and stomp, stomp, stomp.

Forwards, backwards, forwards, backwards, give a little hop, hop, hop.

Forwards, backwards, forwards, backwards, turn around and stomp, stomp, stomp.

NOW FASTER!

Forwards, forwards, forwards, forwards, give a little hop, hop, hop.

Backwards, backwards, backwards, backwards, turn around and stomp, stomp, stomp.