



WARM-UP TIGHT & STRAIGHT BODY

★ ALL CLASSES - Use warm-up as a time to introduce the concept of a “wiggly” body and a “tight & straight body”. Use the “yarm worms” and “lummi sticks” as visuals.

RED CLASSES

Warm-up Song: Walter the Waltzing Worm (Hap Palmer) - use yarn worms.

After song give each student 1 lummi stick, in addition to their yarn worm, and explain and act out the difference between how our bodies, arms, and legs can be wiggly like a worm, or straight and tight like a stick.

SOME IDEAS COULD BE:

IDEA 1: Stand and hold the worm and wiggle the body all around, then hold the stick with both hands high above the head and stand straight and tight like a stick.

IDEA 2: Sit in a pike, hold the worm, and wiggle legs around like a worm, then hold the stick and make legs straight and tight like the stick.

IDEA 3: Have students lay down with arms high in a layout position, holding the stick with both hands, as parents help child log roll with a straight and tight body - this is the goal, it'll probably not be perfect :-)

GREEN/YELLOW CLASSES

Warm-up Song: Walter the Waltzing Worm (Hap Palmer) - use yarn worms.

After song give each student 1 lummi stick, in addition to their yarn worm, and explain and act out the difference between how our bodies, arms, and legs can be wiggly like a worm, or straight and tight like a stick.

SOME IDEAS COULD BE:

IDEA 1: Stand and hold the worm and wiggle the body all around, then hold the stick with both hands high above the head and stand straight and tight like a stick.

IDEA 2: Sit in a pike, hold the worm, and wiggle legs around like a worm, then hold the stick and make legs straight and tight like the stick.

IDEA 3 for GREEN: Have students lay down with arms high in a layout position, holding the stick with both hands, as parents help child log roll with a straight and tight body - this is the goal, it'll probably not be perfect :-)

IDEA 3 for YELLOW: Play “Layout Lift” game - students lay tight and straight, arms by their side, then coach lifts them to a standing position - they **MUST** remain straight and tight!

