

Gross Motor Warm-Up

Push Me, Pull You!

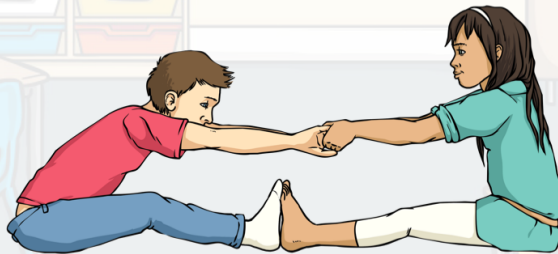
Get yourselves into pairs.

Two people sit on the floor facing each other with legs straight ahead and feet touching feet.

You need to grasp each other's hands with one starting to push and the other to pull.

Continue this rowing action.

You could perform this action to the song 'Row, Row, Row Your Boat.'



Fine Motor Warm-Up

Finger Drumming!

Drum your fingers on the table to create a sound.

Now, try to copy a simple rhythm or pattern.

Listen to the music and drum your fingers in time with the music.

