

Week 4

## 2 Musical Moments.

Here are 2 ideas to keep the music going in your house during lock down.



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Choose a dance song you like and do some exercises to it as below:



For the first minute march on the spot

For the second minute jog on the spot

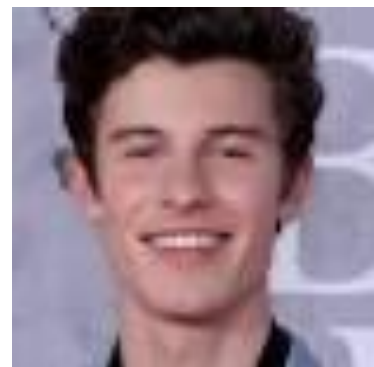


For the 3<sup>rd</sup> minute do a mixture of jogging and marching on the spot.

For any remaining time do Freestyle dancing!



Check your pulse before and after this exercise! You should have raised your heartbeat.



Music Quiz...  
1 mark for each  
Name each singer.

Name the country they come from  
Name a song they sing  
How many did you get?!

