



Wednesday 27th January 2021

This week you are learning to extend your body. That means stretching it fully for each move.

Start curled up in a ball on the forest floor.

Then stretch up tall like the trees. Can you then make your body wide or extend one side of your body at a time.

Think about moving at different speeds, but still in time to the music.

You may choose a piece of music or you can dance along with the song in the link below.



<https://video.link/w/p9NJb>