

Section	Song title	Artist	Duration	Activity
<b>Warm-up: tracks 1–3 (7 minutes)</b>				
1	'Memories are made of this'	Dean Martin	2.16	Toe tapping, alternate feet forwards and to side, plus heel lifts, bilateral, gentle kicks – whatever combination suits
2	'I whistle a happy tune'	Bing Crosby	2.45	Alternate shoulder girdle movements, slow neck movements, gentle alternate arm stretches
3	'Swinging on a star'	Bing Crosby	2.30	Kicking large ball/passing football around group, throwing and catching ball
<b>Progressive resistance exercise: tracks 4 – 12 (15 minutes)</b>				
4–12	Mixed instrumental tracks	Practice tap	15.82	Hand squeezes with one weight  Single elbow bends – set on one side, change to other hand and repeat  Alternate arm upwards with elbow bent – weight use as above  Alternate or single sets of knee extension – weight on each leg  Alternate or single sets of knee lifts – weight on each leg
<b>Aerobic: tracks 13–17 (15 minutes)</b>				
13	'King of the road'	Roger Miller	2.29	Soft elastic – cycling forwards and backwards, slow and fast, larger circles
14	'Green, green grass of home'	Tom Jones	3.06	Soft elastic – arms up and down (no more than 10 reps), reaching down to floor in unison
15	'Don't fence me in'	Bing Crosby	3.07	Soft elastic – passing elastic round one way then the other, rowing
16	'The great pretender'	The Platters	2.40	Arm swings as walking then with trunk movements
17	'Living doll'	Cliff Richard	2.37	Marching on the spot, kicking (seated can-can!)
<b>Cool down: tracks 18–21 (8 minutes)</b>				
18	'I'm into something good'	Herman's Hermits	2.34	Toe tapping, slow knee straightening with ankle/foot circles
19	'What a wonderful world'	Louis Armstrong	2.22	Seated slow upward side stretch, then down to sides
20	'You need hands'	Max Bygraves	2.41	Hand and arm twists, hands open and close
21	<i>Canon in D</i>	Pachelbel	4.53	Seated slump and straighten, some deep breaths to end

Participants seated for all sections.

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