

**DDMIX KEY STAGE 2 WARM DOWN****WARM UP:**

- Open arms in large circle and roll through the back x 4 – **4 counts each** (repeat twice taking longer if you find it too quick e.g. 8 counts each)
- Lean over to the left leading with the right arm and breathe. – **4 counts and hold for 4 counts**
- Turn into a lunge to the left with a straight back leg – **4 counts**
- Bend back knee to create a hip flexor and calf stretch – **2 counts to bend and 2 counts to straighten back leg**
- Arm reaches: Right arm behind in **4 counts**, left arm behind in **4 counts**
- Turn out of lunge into a deep squat – **2 counts**
- Stretch legs – **2 counts**
- Come back up to standing position – **4 counts**
- Repeat points 2-8 on the other side
- 2 cat stretches – **4 counts each**
- 2 neck stretches – **8 counts each**
- 2 tricep stretches – **4 counts each**
- Finish with one swan arm

**Resources**

- DDMIX Warm down music
- See DVD for further guidance