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| Response Record Sheet Maths Massage. Active Sports(All music on Youtube) |
| Name: |
| Date: |
| Lesson: |
| Supported by: |
|  | **Object of Reference / Texture** | **Response** |
| 1  | **Song:** “Grandstand” **Action:** Introduce Sports Topic -body warm up/ physio moves |  |
| 2 | **Song:** “Power- Bill Conti” **Action:** SLOW...getting FASTER. Increase speed of massage |  |
| 3 | **Song:** “Zumba” Don Omar **Action:** Patting/stamping/FASTmassage |  |
| 4 | **Song:** “Step it up for Sports Relief 2018” **Action:** 1,2 – feet stamp/ knees up high (physio)  |  |
| 5 | **Song:** “Olympic Fanfare & Theme- John Williams”**Action:** HEAVY pressure massage |  |
| 6 | **Song:** “Dance of the Sugar Plum Fairy” **Action:** LIGHT pressure massage |  |
| 7 | **Song:** “Match of the Day”**Action:** - UP/UP- ABOVE raise football scarves above head/ stretch up |  |
| 8 | **Song:** “Oops Upside your head” **Action:** SIDE TO SIDE- rowing action |  |
| 9 | **Song:** “We are the champions” **Action:** Rocking – 1,2,3,4 -speed up/ slow down with tempo  |  |
| 10 | **Song:** “We are sailing” Rod Stewart **Action:** Cool down with parchute/ physio moves- UP/DOWN and relaxation  |  |
| Comments: |