

Name/Title: Geronimo Fitness Warm Up Dance

Purpose of Event: To warm up students for more exercise or use as part of dance lesson.

Suggested Grade Level: 3-5

Materials Needed: Geronimo by Sheppard music and music player.

Recommended music: Geronimo by Sheppard

Beginning dance formation: Scattered

Description of Idea

ROUTINE – GERONIMO –by Sheppard

Introduction: March in place – 16 counts

Part 1/First Verse: Twist feet in place w/ arms held shoulder height. Bend arm at elbow alternating on each twist – 16 counts

Step out w/ right foot and extend both arms out to side / come back to middle / REPEAT with left - 16 counts

Part 2/ Second Verse: Twist feet in place w/ arms held shoulder height. Bend arm at elbow alternating on each twist – 16 counts

Extend right foot backwards with arms extending backwards / repeat with left foot / Alternate – 16 counts

Part 3/Chorus: Mini jumps in place / on the “SAY”, punch right arm in air and bring down in 8 counts

Repeat with left arm on the next “SAY”. Alternate back and forth – 32 counts

Part 4/Instrumental/”FEEL”’: Walk forward with arms going from down to up in front of body – 8 counts

Walk backwards with arms going from up to down – 8 counts

Part 5/”Bombs Away”’: Perform a squat on “Bombs” and jump in air on “Away”. Repeat 4 times – 16 counts

Repeat Part 1 – 32 counts / Repeat Part 3/Chorus – 32 counts / Repeat Part 3 / Repeat Part 4 / Repeat Part 5

Repeat Part 1 – 32 counts / Repeat Part 2 / FREEZE IN POSITION / Repeat Part 3 / Repeat Part 4 / Repeat Part 5

Ending: Stretch to cool down

Video 1 ([View video on YouTube](#))

Video 2 (kids performing dance--[View on YouTube](#))

Variations:

Replace jumping with modified jack.

Adaptations for Students with Disabilities:

Most movements can be done with arms only and traveling with wheelchair for students who are not ambulatory.

Submitted by **Sandy Kimbrough** in Greenville, TX. Thanks for contributing to PE Central! **Posted on PEC: 1/22/2016.**

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