






Music March


Week 1			
Activity	How many or how long	How many days	Instructions
1-minute march 	5 times/day	3 days/wk	Marching is like walking except that during each step you lift your knee up so it is as high as your hip. See how many marching steps you can do in one minute. Try to do at least 1 more step each time you try.
Music march 	1 times/day	3 days/wk	Marching is like walking except that during each step you lift your knee up so it is as high as your hip. Put on your favourite music and see if you can keep marching for one whole song.

Music March

Week 2			
Activity	How many or how long	How many days	Instructions
1- minute march with arms 	5 times/day	3 days/wk	The marching is done like last week with your legs, but we are adding your arms to make it more difficult. As you lift your knee during each step, touch your knee with the elbow on the opposite side of your body (e.g., if you lift your right knee then try to touch it with your left elbow, and vice versa). See how many marching steps you can do in one minute. Try to do at least 1 more step each time you try.
Hopping music march 	1 times/day	3 days/wk	Do the marching like you did last week making sure you lift your knee up on every step. This week, while you are marching to the music, try to add a hop to your march. Lift your right knee up and then instead of putting it down before you lift up your left knee, see if you can lift your left foot off the ground before you put your right foot down. It's like hopping from one foot to the other except that you lift your knee really high with each hop. Put on your favourite music and see if you can do a hopping march for one whole song.

Music March

Week 3			
Activity	How many or how long	How many days	Instructions
1-minute march up to toes 	5 times/day	3 days/wk	March for 1 minute. Each time you lift your knee, do an ankle rise with the foot you are standing on so that when your knee is lifted as high as possible you are also up on your tippy-toes. To keep your balance, bring the arm and elbow on the opposite side of your body forward at the same time as you raise your knee. This is really hard to coordinate, but keep trying. If you are lifting your right knee, for example, you should bring your left arm and elbow forward and be standing on the toes of your left foot.

Week 4			
Activity	How many or how long	How many days	Instructions
March up to toes 	1 time/day	4 days/wk	March for 1 song. Each time you lift your knee, do an ankle rise with the foot you are standing on so that when your knee is lifted as high as possible you are also up on your tippy-toes. To keep your balance, bring the arm and elbow on the opposite side of your body forward when you raise your knee. This is really hard to coordinate, but keep trying. If you are lifting your right knee, for example, you should bring your left arm and elbow forward and be standing on the toes of your left foot.