**Primary Tap**

***Warm Ups***

1. The warm up song
2. Hopscotch warm up

***Centre Exercises***

1. Shuffles
2. Ball and heel beats
3. Paradiddles

***Rhythm***

1. Quarter notes – 123\_567\_123\_1234
2. Take a bite of the music

***Amalgamation***

***The Freeze***

***The Bow***