


1st

 **INTRO (0:00 – 0:20)**

**Visuals:**

***The three children walk onto the room.. The camera pans across the “Africa Plays” logo in one corner of the scene appearing playfully in the sky with rhythmic bounce animations.***

**2nd**


***Voice-over (energetic, friendly, neutral accent):***

***> “Welcome to Africa Plays! Let’s get our bodies ready for some fun. Remember — warm up strong and let’s move together!”***

**Music:**

***Light afrobeat percussion intro with marimba and claps***

***Tempo: 105 BPM***

 **Segment 1: Jog on the Spot (0:20 – 1:00)**

**Voice-over:**

***> “Start with a gentle jog on the spot. Lift your knees just a little, keep your shoulders relaxed. That’s it — nice and easy!”***

**Visuals:**

***All three kids jog in place, smiling and breathing steadily. The camera slowly zooms out to show rhythm and coordination.***

**Music:**

***Light conga rhythm fades in***

**Subtitles:**

> “Jog on the spot. Nice and easy!”

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## Segment 2: Arm Circles (1:00 – 1:40)

Visuals:

The three children extend arms sideways and rotate slowly — forward, then backward.

Voice-over:

> “Now let’s warm up those shoulders. Big arm circles forward... and now back. Feel the stretch!”

Music:

Afro-jazz guitar riff enters

Drums maintain steady beat

Subtitles:

> “Big arm circles forward... and back!”

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## Segment 3: Side Reaches (1:40 – 2:10)

Visuals:

Children stand tall, stretch arms over their heads and reach side-to-side in unison.

Voice-over:

> “Great job! Let’s reach side to side. Stretch high, keep your balance, and breathe.”

Music:

Music softens slightly, rhythmic bongos continue

Subtitles:

> “Reach high side to side — breathe and stretch.”

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#### Segment 4: Leg Kicks (2:10 – 2:50)

Visuals:

The camera focuses on legs as they kick gently forward one at a time. The kids giggle when they match timing perfectly.

Voice-over:

> “Now gentle kicks — one leg at a time. Keep your back straight, and keep smiling!”

Music:

Energetic djembe rhythm resumes

Clapping synced with kicks

Subtitles:

> “Gentle kicks — one leg at a time!”

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#### Segment 5: Jumping Jacks (2:50 – 3:30)

Visuals:

All three do jumping jacks in sync. Background lighting brightens slightly — upbeat energy builds.

Voice-over:

> “Time to power up! Jumping jacks for energy! Let’s go together — up, down, up, down!”

Music:

Full afrobeat groove with horns and layered percussion

Volume increases slightly

Subtitles:

> “Jumping jacks! Feel the energy!”

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 Segment 6: Cool Down & Stretch (3:30 – 4:00)

Visuals:

Children slow down, hands on knees, smiling. Then they inhale and stretch arms overhead. The trampoline shines behind them in the golden light.

Voice-over:

> “And relax... take a deep breath in, stretch up high, and smile. You’re ready for your trampoline adventure!”

Music:

Gentle marimba fade-out

Wind and birds sound effects softly return

Subtitles:

> “Relax and breathe — great work! You’re ready to jump!”

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### Closing Scene (4:00)

#### Visuals:

“AFRICA PLAYS” logo reappears with slow bounce animation. Kids wave as upbeat music fades.

#### Voice-over:

> “Warm-up complete! Have fun and stay safe on the trampoline — only at Africa Plays!”

#### Music:

Same theme as intro returns and fades out.

#### Subtitles:

> “Warm-up complete! Let’s go jump!”

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Would you like me to now generate matching still frames (storyboard images) for all six segments in this exact art style (with your three characters and consistent background)? I can then compile them into a new PDF storyboard guide to accompany the script.