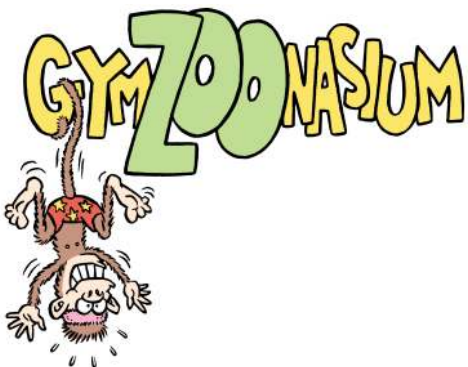
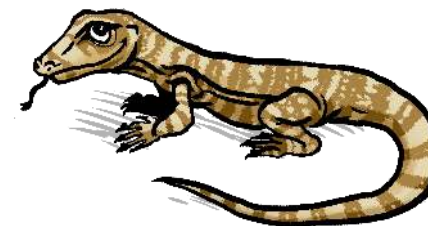




## A WILD LIFE!

7m 22s



Let's get wild, with Australian wildlife! Australia has some of the most unique animals on earth.  
Let's visit some of Australia's amazing reptiles and mammals today.

| Movement            | Seated modifications                                  | Other modifications                                                                                                    | Progressions                                                                                                                                                                                                         | Watch points                                                                                                                                                                                                                                                                                   |
|---------------------|-------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Snake Strike</b> | Squeeze your tummy and lift one leg up off your chair | Do steps 1 to 2 of the Snake Strike and hold that position. Keep both feet on the floor rather than lifting your foot. | Get into the Snake Strike position (with one leg lifted). Instead of lowering your leg, lower your hips down almost to the floor and push them back up again. Repeat 10 times then repeat with the other leg raised. | <ul style="list-style-type: none"><li>* Feet and knees hip-width apart</li><li>* Neck and shoulders relaxed</li><li>* Bottom staying up, keeping your body in a straight line from shoulders to knees. Achieve this by pushing your heels into the floor and keeping tummy squeezed.</li></ul> |



| Movement            | Seated modifications                                                                                                                                                                                                                                                                                          | Other modifications                                                                                                                                                                                     | Progressions                                                                          | Watch points                                                                                                                                                                                                                                                           |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Goanna Climb</b> | Place your hands on your thighs. Lean forward from your hips, keeping your back straight. Lower yourself onto your left elbow, then right elbow also. Then push back up onto your hands (one at a time), pushing you back up to an upright seated position. Repeat, changing the arm you lead with each time. | Standing:<br>Do the Goanna Climb with your hands on a wall (easiest) or sturdy bench (more difficult).                                                                                                  | Try the Goanna Climb in a full push-up position (toes on the floor instead of knees). | <ul style="list-style-type: none"> <li>* Looking down at the floor</li> <li>* Tummy up off the floor</li> <li>* Shoulders pulled down</li> <li>* Body in a straight line (like a plank of wood)</li> <li>* Hips level with the floor</li> </ul>                        |
| <b>Turtle Swim</b>  | Do the turtle arms up in the air. Reach your arms up high. As you swim your arms down, squeeze your shoulder blades together to help keep your hands back as far as possible.                                                                                                                                 | Keep both feet on the floor and just do Turtle Swim arms. Squeeze your shoulder blades together, to pull your shoulders back and down. Hold each squeeze for as long as you can. Keep breathing deeply. | Try the Turtle Swim with your eyes closed (to challenge your balance).                | <ul style="list-style-type: none"> <li>* Back straight</li> <li>* Squeezing shoulder blades down and back</li> <li>* Keeping arms lifted as high as possible</li> <li>* Slow, controlled arm movement</li> <li>* Good balance (body and legs staying still)</li> </ul> |



| Movement             | Seated modifications                                                                                                                                                                                                                                                                                                           | Other modifications                                                                                                                      | Progressions                                                                                                                                                                                                       | Watch points                                                                                                                                                                                                                                                    |
|----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Koala Balance</b> | Sit in a sturdy chair (with the chair back against the wall to be extra safe). Wriggle forward in your chair and raise your arms straight up beside your ears. Scoop your tummy in and lean slightly back to engage your tummy muscles (without touching the back of the chair). Lift one foot off the floor also if possible. | Do the Koala Balance with:<br>- Your feet closer to the floor, or<br>- Only one foot lifted                                              | * Try the Koala Balance with straight legs.<br>* While holding the Koala Balance, slowly reach your left hand to touch your right foot, then reach your right hand to your left foot. How many touches can you do? | * Tummy scooped in (tummy muscles squeezed)<br>* Shoulders relaxed and arms crossed on chest<br>* If your lower back hurts, rest then try again (focusing on squeezing your tummy)                                                                              |
| <b>Kangaroo Jump</b> | Do a jumping motion with your arms (and legs if you can), like you're propelling your body to jump up high in the air.                                                                                                                                                                                                         | Walk around the room, and stop quickly when your teacher or parent says "stop". Sit still on an exercise ball, focusing on your balance. | Try the Kangaroo Balance on one leg (i.e. hopping on one leg, making sure to land softly with bent knees). Do 5-10 hops on one leg, then switch legs.                                                              | * Feet hip-width apart<br>* Bent knees at take off and landing (to help absorb impact)<br>* Using your arms to help you jump higher                                                                                                                             |
| <b>Echidna Curl</b>  | Squeeze your tummy muscles. Curl one shoulder down towards your opposite knee. Sit back up, then curl the other shoulder down.                                                                                                                                                                                                 | Do the Echidna Curl keeping your feet on the floor and only lifting your head/shoulders off the floor.                                   | Lift both shoulders and both feet off the floor together, to curl your whole body into a ball                                                                                                                      | * Using tummy muscles to curl up, NOT pulling your head up with your hands<br>* Elbows wide apart<br>* Neck relaxed and eyes looking up at the roof<br>* Shoulder blade lifting off the floor when you curl up<br>* Lifting your knees way up towards your head |