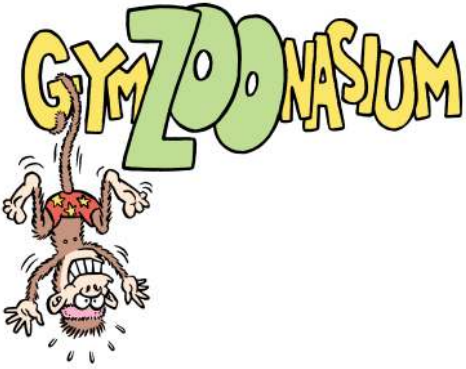




ADVENTURE TO EAST AFRICA

5m 26s



Join us for an adventure to East Africa!

We will visit five amazing national parks, spread across four beautiful countries - Tanzania, Kenya, Rwanda and Uganda.

Movement	Seated modifications	Other modifications	Progressions	Watch points
Star Jump Safari	Curl into a ball, then jump your arms (and legs too if possible) into a star	Step your feet out to make a star, rather than jumping them out. Move your arms out and back in with your legs.	Speed it up	* Moving arms and feet out/in at the same time * Chest upright & back straight * Squeezing tummy muscles * Shoulders pulled down and back * For the 'scissor jumps' make sure the opposite arm and leg are forward
Lion Lunge	Lift one leg off your chair, hold for 3 seconds, then lower. Switch legs and keep repeating.	Step forward and then back again, without lunging down. Focus on your balance and keeping your hips level.	Try walking lunges around the room.	* Bending both knees (to achieve right angles in both knees) * Hips facing straight ahead * Body upright (not bending forward) * Feet hip-width apart * Front knee behind the front toes. To achieve this: take a large step forward, and keep your weight balanced on both the front and back foot.



Movement	Seated modifications	Other modifications	Progressions	Watch points
Gorilla Squat	Place your hands on the sides of your chair. Push down with your hands (and your legs/feet if possible) to lift your bottom.	Do the Gorilla Squat with your back against a wall. Step your feet forward and slide your back down the wall until it looks like you're sitting on a chair. Hold for as long as you can.	Sit in a Gorilla Squat position against a wall. Keep your back and bottom against the wall, while you go onto tippy toes for 20 seconds, then onto heels for 20 seconds. Keep alternating and hold for as long as you can.	* Knees kept wide, facing over your toes * Hips reaching back * Chest upright and eyes looking forward
Chimpanzee Swing	Place your hands on the sides of your chair. Push down with your arms to lift your bottom off your chair (and feet off the floor if possible).		Hold one foot up off the floor while doing the Chimpanzee Swing.	* Shoulders down and back * Chest upright * Tummy muscles squeezed
Giraffe Reach	Reach your arms up in the air like a tall giraffe. Lift one or both heels off the floor if you can.	Lift one heel off the floor, then lower it and lift the other heel.	Try the Giraffe Reach: - With your eyes closed - On a wobbly surface (standing on a pillow or mattress on the floor) - With one foot lifted up off the floor	* Standing tall and straight * Squeezing abdominal muscles, to help with balance * Focusing your eyes on something still in front of you, to help with balance



Movement	Seated modifications	Other modifications	Progressions	Watch points
Flamingo Balance	Sit on a wobbly cushion and balance with your eyes closed	Do the Flamingo Balance: - Focusing your eyes on something still in front of you, to help you balance - With the toes of your lifted foot touching the floor	Try the Flamingo Balance: - With your foot up higher (on the thigh of the opposite leg) - Balancing with your eyes closed - Balancing on a wobbly surface, or - Moving your lifted foot while keeping the rest of your body frozen still. Pedal an imaginary bicycle one-legged or write your name in the air.	* Keeping your foot still on the floor and your body still * Hips level (not dropping down on one side) * Tummy muscles squeezed, to help balance