



AUSSIE BEACH HOP

Visit six great Aussie beaches and the animals that call them home.



Movement	Seated modifications	Other modifications	Progressions	Watch points
Kangaroo Jump	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 * Bent knees at take off and landing (to help absorb impact) * Using your arms to help you jump higher
Penguin Waddle	Lift the toes of one foot or both feet together. Hold for as long as you can. Squeeze a cushion or ball between your knees.	Lift the toes of one foot at a time. Hold for as long as you can, then switch feet.	* Try closing your eyes while doing the Penguin Waddle. * Place a ball or cushion between your knees and squeeze your knees together to hold it. Walk slowly around the room on your heels (without dropping the ball).	* Standing tall and straight * Squeezing tummy muscles and buttocks to help you balance * Eyes focused on something still to help you balance



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Toad Sit	Lift your left foot onto your chair. Use your left elbow to push your left knee outwards until you feel a stretch. Bend forwards from your hips, keeping your back straight and strong. Place your elbows on the insides of your knees and push your knees outwards. Hold for 5 deep breaths		Do the Toad Sit with your arms... - Straight out in front of you - Pointing up to the sky in front of you	* Feet wider than hips * Chest upright and back straight * Shoulders down and neck relaxed
Emu Explore	Wriggle forward in your chair. Lean forward with a straight back. Move one foot forward and do the Emu Explore in your chair.		Standing beside a wall or step: 1. Place your front foot upright against the wall or step 2. Straighten your front leg 3. Lean forwards to feel a stretch in your lower leg 4. Bend your front knee to feel the stretch lower down near your ankle	* Back knee bent



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Crocodile Roll	Reach your hands up into the air. Twist your upper body (i.e. from your waist up) around to the left and then to the right.	Lie on your back with your legs flat on the floor. Put your arms on the floor out to the sides. Squeeze your tummy muscles and roll your hips and legs over onto the left side and then onto the right. Keep your upper body flat on the floor.	Try the Crocodile Roll with your eyes closed	* Body strong and straight throughout the movement * Squeezing feet together to switch on buttock muscles * Tummy muscles squeezed
Koala Balance	Sit in a sturdy chair (with the chair back against the wall to be extra safe). Wiggle 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: - Your feet closer to the floor, or - Only one foot lifted	* Try the Koala Balance with straight legs. * 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) * Shoulders relaxed and arms crossed on chest * If your lower back hurts, rest then try again (focusing on squeezing your tummy)