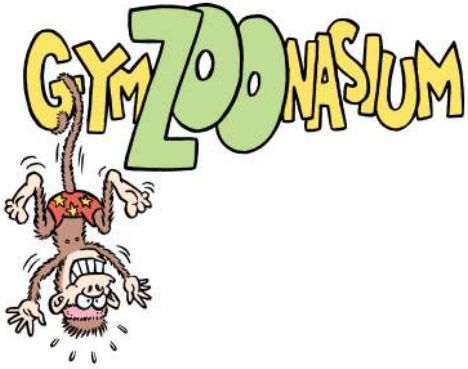




BACKYARD BREAK



4m 51s

Let's take a quick movement break, exploring some of the animals you may find in your backyard.

Movement	Seated modifications	Other modifications	Progressions	Watch points
Downward Dog	Bend your body forward over your legs. Reach your arms out in front of you.		Do Downward Dog with your legs straight and feet flat on the floor.	* Knees as straight as possible * Head and neck relaxed, looking towards your feet
Lizard Push-up	Do Lizard Push-ups with your hands on your knees (or against a parent's hands, with them pushing gently against your hands).	Do Lizard Push-ups... - Kneeling on all fours like a cat (i.e. keeping your bottom up rather than down), or - Standing, with your hands against a wall	* Try Lizard Push-ups with your hands on a pillow. * Try full push-ups (with your toes on the floor instead of your knees). Push your body up together like a solid plank of wood, rather than a wiggly worm.	* Body straight (from shoulders to knees), keeping tummy muscles squeezed * Body all lifting together as one (rather than shoulders lifting first like a wiggly worm). Bend and straighten the elbows to achieve the movement



Movement	Seated modifications	Other modifications	Progressions	Watch points
Cat Stretch	Curl forwards and arch your back up as high as you can (angry cat). Then sit up straight and push your chest out (happy cat).			* Hands under your shoulders and knees under your hips * Neck relaxed
Dog on Duty	Do Dog on Duty seated	Just do steps 1 to 3 of Dog on Duty, then keep your fingers still in this position	Move your middle fingers apart and together also (like a barking dog)	* All fingers straight * Pointer and pinkie moving
Dung Beetle Roll	Do Dung Beetle Roll seated	Do Caterpillar Kisses instead	Do Dung Beetle Roll with both hands at the same time, but in the opposite direction (while your right thumb is rolling with the right pointer finger, roll your left thumb with the left pinkie).	* Finger rolling in a well-controlled circle