



BEATS

10m 01s



Heart beats, time beats, breath beats.... Let's focus on all these beats as we work through this 10-minute session of fitness, strength and stretches.

This session is categorised as: Bilateral Coordination, Emotional Regulation, Fitness (high energy), Flexibility

Movement	Seated modifications	Other modifications	Progressions	Watch points
Jungle Jog	Do seated jogging with your arms, and legs if possible too	Slow down to walking pace	Speed it up	* Chest upright & back straight * Squeezing tummy muscles
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



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Banana Rama	Reach your arms up to the sky. Bend one elbow down towards your opposite knee (lifting your knee to your elbow if possible).	Do Banana Rama slowly (focusing on bringing your elbow towards your opposite knee)	Speed it up	* Elbow coming down towards the opposite knee * Chest upright & back straight * Squeezing tummy muscles
Praying Mantis Plank	Put the palms of your hands together. Push them together strongly for as long as you can.	Do the Praying Mantis Plank... - On your knees (instead of toes) - With a ball under your tummy	Try lifting one foot slightly off the floor. Change legs each each 10 seconds.	* Body in a straight line (don't let your bottom drop down or lift up in the air) * Tummy muscles switched on * Shoulders down and neck relaxed
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 wriggly worm.	* Body straight (from shoulders to knees), keeping tummy muscles squeezed * Body all lifting together as one (rather than shoulders lifting first like a wriggly worm). Bend and straighten the elbows to achieve the movement



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Cobra Lift	Place your hands behind your head, to keep it supported. Squeeze your tummy muscles and pull your shoulder blades down and back. Lean your head and shoulders back slightly and push your chest up towards the sky.	<u>Standing</u> : Stand facing a wall and place your hands on the wall. Squeeze your elbows into your sides. Press against the wall, pull your shoulder blades down and back, and push your chest out.	Do the Cobra Lift with your hands on the floor instead of your forearms. Only straighten your arms as feels comfortable for your back (don't force the backbend). Lower back down if you feel any pain or discomfort.	* Legs long * Neck relaxed * Shoulders pulled down and back * Elbows close to the body (not pointing outward) * Be gentle. Don't push yourself too high or force this backbend. Focus on pushing your chest forward, and allow the lift to come as a natural extension of your spine.
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
Bat Hang	Stretch your body out (towards the ceiling) and then bend over to touch your toes.		* In the Bat Hang position, hold your ankles and gently pull your body closer to your legs. * Start standing, with your left foot crossed over the right. Do the Bat Hang with your legs crossed like this.	* Knees straight
Orangutan Stretch	Reach your left arm up above you and lean your upper body over to the right. Push your left hip down and away from your left arm if you can. Hold for 5 deep breaths and switch sides.	Stand with feet hip-width apart on the floor and do the upper body part of the Orangutan Stretch.		* Hips, shoulders and arm facing straight ahead (not leaning forwards) * Bottom hand pushing into your leg