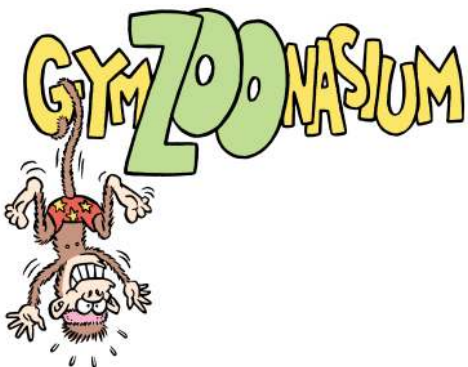




CONNECT 3

3m 06s



Let's work on coordination.

Moving both sides of our body, and crossing the midline, helps us to balance and to move efficiently.

Movement	Seated modifications	Other modifications	Progressions	Watch points
Elephant Trunk Swing	Sit up tall and lift your left arm (your elephant trunk) to shoulder height. Twist your upper body to the left and reach your arm as far around to your left as you can. Then twist to the right and reach as far across to the right as you can. Repeat 3 times, then switch arms.		Lift your opposite leg off the floor (when your left hand is off the floor, lift your right leg). Keep it still and straight (off the floor) while you do the Elephant Trunk Swing. When you switch arms, switch the lifted leg too.	* Pelvis/hips still, and upper body twisting



Movement	Seated modifications	Other modifications	Progressions	Watch points
Squished Cockroach	Put your left hand on the outside of your right knee. Push on your knee to help you twist your upper body as far as you can to the right.		In the Squished Cockroach position, straighten the leg that is crossed over. Hold onto that foot or toe if you can.	* Your straight arm and shoulder touching the floor
Puppy Play	Climb an imaginary ladder with your arms. Reach one arm at a time up high and squeeze your tummy muscles to pull the arm down strongly. Pedal one leg and the opposite arm (like you're climbing an imaginary ladder with arms & legs).	Standing: Pedal one leg and the opposite arm (like you're climbing an imaginary ladder). Switch the leg and arm you're using with each pedal.	Pedal your legs closer to the floor, squeezing your tummy muscles so your lower back doesn't arch off the floor.	* Tummy muscles gently squeezed * Back flat on the floor. If your lower back arches, pedal your legs up higher in the air and make sure your tummy muscles are switched on.