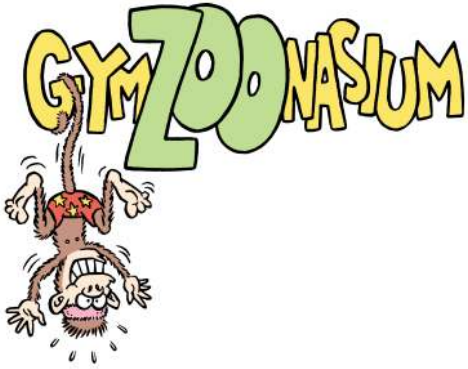




COUNTDOWN

5m 16s



A fun maths and movement session, involving counting backwards as we do each rep!

This session is categorised as: Fitness, Emotional Regulation, Bilateral Coordination, Lower Limb, Intermediate, Small Space

Movement	Seated modifications	Other modifications	Progressions	Watch points
Clam Close	Do Clam Close in your chair	Do Clam Close with your fingers together instead of apart	Try Clam Close with a stretchy scrunchie around your knuckles	* Wrists staying together (like a hinge) * 'Clam' opening wide * Fingertips touching the fingertips of the opposite hand when the clam is closed
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



Movement	Seated modifications	Other modifications	Progressions	Watch points
Frog Squat	Move your feet wide apart. Lean forward with a straight back and put your hands on the front of your seat. Push down with your hands (and feet if possible) to lift your bottom off the chair slightly. Then sit back down.	Do the Frog Squat with a sturdy chair just behind you. Squat down only until you feel your bottom touch the chair and then stand back up to the start position.	Do the Frog Squat jumping up instead of standing up. Land in the starting position softly and with your knees bent.	* Eyes looking forward * Back straight * Shoulders higher than hips * Knees kept wide (facing over your toes, rather than deviating inwards on the way up)
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.	Jump higher (making sure to land softly with bent knees).	* Feet hip-width apart * Bent knees at take off and landing (to help absorb impact) * Using your arms to help you jump higher
Ant Nest Dance	Do the Ant Nest Dance in your chair		Add in an extra foot tap behind you! (Before putting your foot back on the floor move your foot and opposite hand behind your body to tap each other there also).	* Body staying tall and strong throughout! * Hand tapping the opposite foot
Pigeon Pose	Same as the standard Pigeon Pose		Try Pigeon Pose on the floor... 1. Step your right foot back and lunge down to kneel on your right knee 2. Slide your left foot to the right, and place your hands on the floor in front of you 3. Slide your right leg back as far as you can 4. Lower your left knee and hips towards the floor	* The front leg ideally parallel with the pelvis (hip bones) * Pelvis (hip bones) facing straight forwards * Back leg in a straight line behind you