



CROCODILE ROLL

*Hiding by the river bank
Crocodile spies his lunch.
He rolls it over off its feet
and under the water to munch.*

PURPOSE

- Strengthens abdominals and buttocks
- Improves posture

INSTRUCTIONS

1. Lie on your back, with your legs and arms stretched out long and straight
2. Squeeze your tummy muscles and roll onto your left side
3. Balance for one deep breath, then roll onto your right side
4. Continue rolling from one side to the other, pausing for a breath on each side

WATCH FOR

- Body strong and straight
- Abdominals squeezed
- Squeezing feet together to switch on buttock muscles



MODIFICATIONS

- Lie on your back with your legs flat on the floor. Put your arms on the floor out to the sides (easier) or stretched out on the floor above your head. 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.
- Seated: 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.

MORE CHALLENGING

- Try the Crocodile Roll with your eyes closed



MAKE IT MULTI-SENSORY

- Roll your body up in a blanket like a sausage roll (with your head out of the blanket so you can breathe). Try doing the Crocodile Roll wrapped up in the blanket.



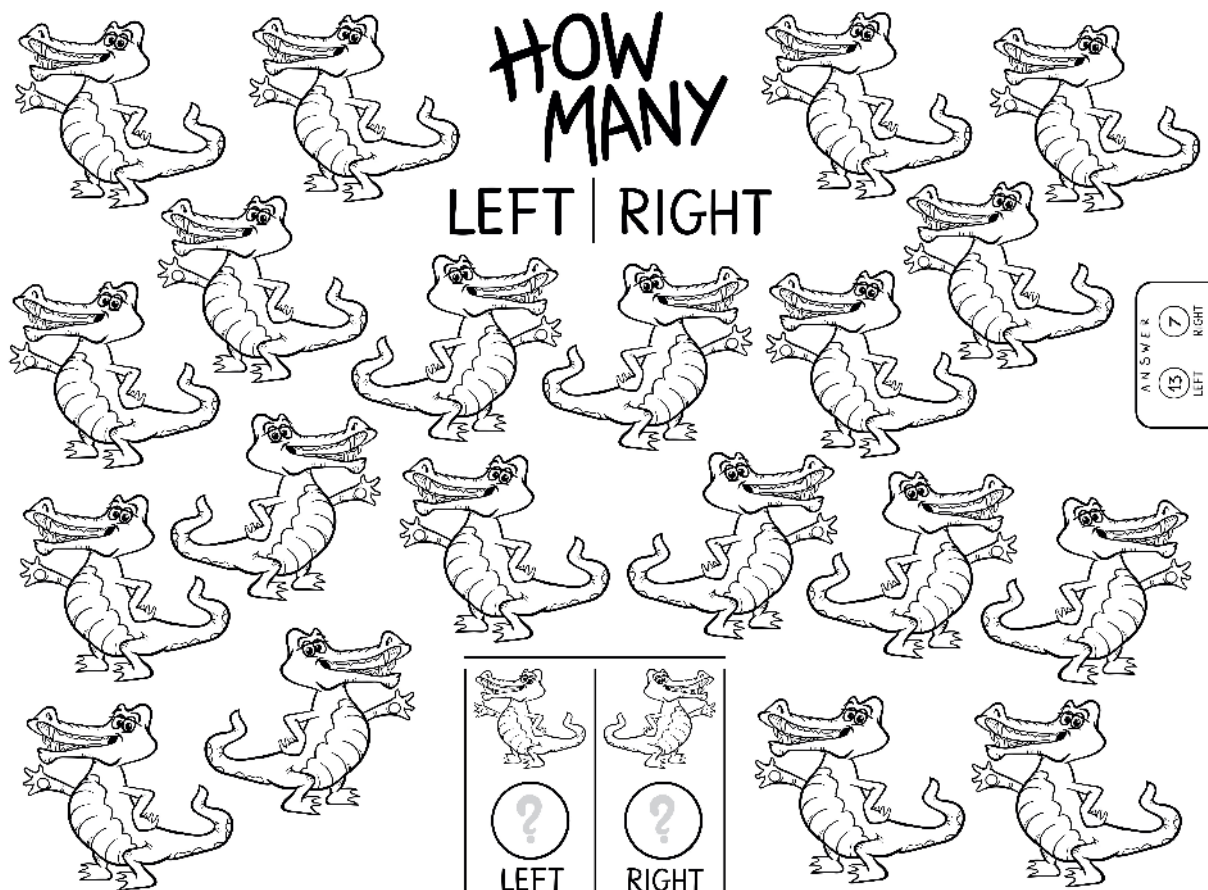
FUN FACTS

- Crocodiles have the strongest bite of any animal in the world (10 times more powerful than a Great White Shark)
- Crocodiles can go through 4,000 teeth in their lifetime!
- Large crocodiles can last for over a year without eating anything
- When they capture their prey they powerfully roll it over off its feet and into the water.
- Crocodiles have excellent night vision. They must eat plenty of carrots! 😊



FUN AND GAMES

HOW MANY
LEFT | RIGHT



ANSWER	7	RIGHT
	13	LEFT

	
?	?
LEFT	RIGHT