



DAINTREE DASH

4m 57s

A fun brain break, and great 'posture boost' before/after sitting.



Movement	Seated modifications	Other modifications	Progressions	Watch points
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 up the Banana rama	• Elbow coming down towards the opposite knee • Chest upright & back straight • Squeezing tummy muscles
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) - 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 lifting together as one (rather than like a wriggly worm). Just bend and straighten the elbows to achieve the movement



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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
Snake strike	Squeeze your tummy and lift one leg up off your chair.	• Do steps 1 to 2 of the Snake Strike and hold that position. Keep both feet on the floor rather than lifting your foot.	Get into the Snake Strike position (with one leg lifted). Instead of lowering your leg, lower your hips down almost to the floor and push them back up again. Repeat 10 times then repeat with the other leg raised.	• Feet and knees hip-width apart • Neck and shoulders relaxed • Bottom staying up, keeping your body in a straight line from shoulders to knees. Achieve this by pushing your heels into the floor and keeping tummy squeezed.
Brachiosaurus reach	Sit very tall. Reach your arms above your head and arch your back to look up towards your hands. Tuck your bottom under (tail between your legs).		While doing the Brachiosaurus Reach... • Lift your front heel off the floor, to challenge your balance. • Gently lean your arms and upper body over to the side of your front leg.	• Feet hip-width apart, rather than straight in front of each other • Knee of your bent leg above your ankle • Back leg long and straight