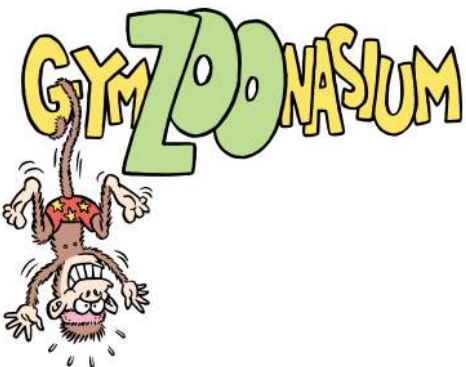




DANCE OFF

5m 19s

5:19
FITNESS



Get your heart rate up and your brain switched on, by trying some fun yet tricky dance moves!

This session is categorised as: Fitness, Standing Session, Small Space, Bilateral Coordination, Motor Planning & Sequencing, Balance, Intermediate, Lower Limb

Movement	Seated modifications	Other modifications	Progressions	Watch points
Dung Beetle Roll	Do Dung Beetle Roll seated	Do Caterpillar Kisses instead	Do Dung Beetle Roll with both hands at the same time, but in the opposite direction (while your right thumb is rolling with the right pointer finger, roll your left thumb with the left pinkie).	* Finger rolling in a well-controlled circle
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



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 it up	* Elbow coming down towards the opposite knee * Chest upright & back straight * Squeezing tummy muscles
Forest Floss	Put your arms straight up in the air. Twist your upper body to one side. Do the Forest Floss arm movement upside down (i.e. with your arms up in the air moving on either side of your head). Then repeat facing the other side.	* Slow it down * Practise the Forest Floss hip movement by itself. Then practise the Forest Floss arm movement by itself.	Speed it up	* Arms swinging in the opposite direction than hips * Legs and arms straight
Monkey Twist	Move like the Monkey Twist in your chair	Do Monkey Twist with just your legs, and then with just your arms	Speed it up	* Upper body twisting in the opposite direction to lower body * Tummy muscles squeezed
Mozzie Clap	Clap your hands just above one knee and then click your fingers up near your shoulders. Then clap above the other knee. (If you can lift your leg, try clapping under your knee instead).	Do Mozzie Clap without clicking your fingers. Just clap your hands under your knee and lift your hands up between claps.	* Instead of just lifting your leg, 'hop' your leg up. * Try doing Mozzie Clap faster. This will challenge your fitness and coordination!	Torso (body) staying tall and straight throughout



Movement	Seated modifications	Other modifications	Progressions	Watch points
Penguin Waddle	* Lift the toes of one foot or both feet together. Hold for as long as you can. * Squeeze a cushion or ball between your knees.	Lift the toes of one foot at a time. Hold for as long as you can, then switch feet.	* Try closing your eyes while doing the Penguin Waddle. * Place a ball or cushion between your knees and squeeze your knees together to hold it. Walk slowly around the room on your heels (without dropping the ball).	* Standing tall and straight * Squeezing tummy muscles and buttocks to help you balance * Eyes focused on something still to help you balance
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