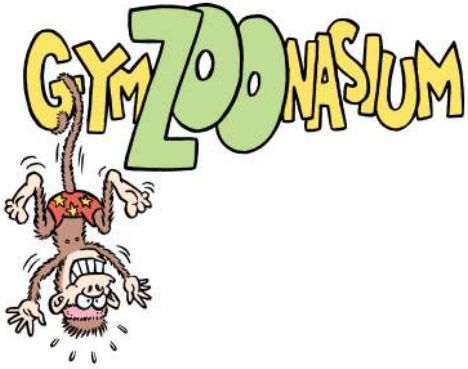




DISCO CAT



3m 35s

A fun mixed-bag session, woven with chances to practise your best dance moves with the Disco Cat!

This session is categorised as: Quick Brain Break, Bilateral Coordination, Small Space, Intermediate

Movement	Seated modifications	Other modifications	Progressions	Watch points
Cat Stretch	Curl forwards and arch your back up as high as you can (angry cat). Then sit up straight and push your chest out (happy cat).			* Hands under your shoulders and knees under your hips * Neck relaxed
Armadillo Curl	Curl your body down, reaching towards your feet.	Complete this stretch with one leg bent (with the bent knee pointed out to the side). Lean forwards to bring your chest towards the straight leg.	While doing the Armadillo Curl, flex your toes back towards you	* Legs straight * Shoulders down and back * Deep breaths (not holding your breath)



Movement	Seated modifications	Other modifications	Progressions	Watch points
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
Cross Country	Do Cross Country in your chair, with your arms (and legs too if possible)	Do Cross Country just with your legs	Speed it up	* Keep switching which foot crosses in front * Keep switching which arm crosses on top * Standing tall, with eyes looking forward
Monkey Hug	Do Monkey Hug in your chair	Try Monkey Hug with one arm at a time	Try Monkey Hug while balancing on one foot	* Shoulders down and relaxed * Crossing arms across the body * Giving each arm a turn to be on top