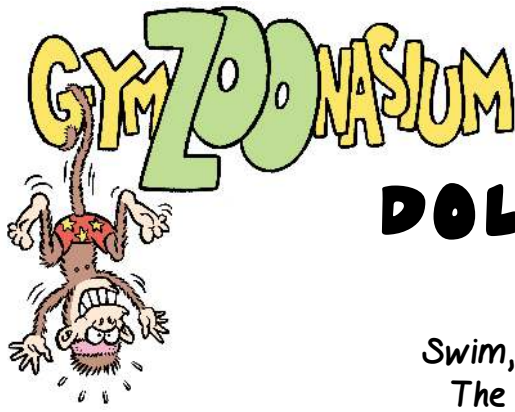




DOLPHIN ARCH

Swim, twist, dive and splash.
The dolphin loves to play.
As he lifts up to greet us
Can you say "G-day"?



PURPOSE

- Strengthens your back and bottom
- Improves your posture



INSTRUCTIONS

1. Lie on your tummy, with straight legs
2. Squeeze your buttocks, to lift your legs and chest off the floor
3. Hold for 5-10 deep breaths



WATCH FOR

- Legs straight
- Chest and legs lifting off the floor at the same time
- Neck relaxed, and shoulders pulled down and back



MODIFICATIONS

- Do the Dolphin Arch by lifting just the upper body by itself, and then just the lower body.
- Seated: Reach your arms up over your head. Lift your chest up towards the sky and hold for as long as you can.



MORE CHALLENGING

Try the 'Superman' dolphin - Stretch your arms straight out in front of you and lift them off the floor when you lift your chest.



MAKE IT MULTI-SENSORY

- Try splashing your tail like a dolphin. How does a dolphin sound?



BALL SKILLS

While doing the Dolphin Arch, use your hands to roll a ball with a partner. (Make sure to keep your arms up off the floor and shoulders pulled down and back).



FINE MOTOR SKILLS

While doing the Dolphin Arch, practice clicking your fingers



FUN FACTS

- Dolphins use sound waves and echoes to work out the size, shape, speed, distance and direction of objects in the water.
- Dolphins can dive up to 300 metres deep, and can hold their breath underwater for up to 15 minutes. They breathe through a blowhole on top of their head.
- They are highly intelligent- perhaps the most intelligent animal compared to humans.
- Dolphins sleep with one half of their brain at a time, so at least half their brain is always awake and alert.



FUN AND GAMES

Can you draw a friend for me to play with?

