



E IS FOR...

4m 35s



E is for Everyone, growing strong and healthy.
E is for each and every animal in this session... emu, eagle, elephant and echidna.

Movement	Seated modifications	Other modifications	Progressions	Watch points
Emu Explore	Wriggle forward in your chair. Lean forward with a straight back. Move one foot forward and do the Emu Explore in your chair.		Standing beside a wall or step: 1. Place your front foot upright against the wall or step 2. Straighten your front leg 3. Lean forwards to feel a stretch in your lower leg 4. Bend your front knee to feel the stretch lower down near your ankle	* Back knee bent



Movement	Seated modifications	Other modifications	Progressions	Watch points
Eagle Twist	Just do the upper body part of the Eagle Twist	Raise your left arm out in front of you. Use your right forearm to gently pull your left arm across your body and towards your chest. Hold for 5 deep breaths, then switch sides. Do the Eagle Twist standing on two feet (instead of lifting one foot).	Try the Eagle Twist with your: - Eyes closed, to challenge your balance, or - Foot lifted higher off the floor and twisted around the opposite leg	* Standing tall (chest upright) * Shoulders down and neck relaxed * Focusing on something still (at eye height in front of you) * Breathing deeply
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
Echidna Curl	Squeeze your tummy muscles. Curl one shoulder down towards your opposite knee. Sit back up, then curl the other shoulder down.	Do the Echidna Curl keeping your feet on the floor and only lifting your head/shoulders off the floor.	Lift both shoulders and both feet off the floor together, to curl your whole body into a ball	* Using tummy muscles to curl up, NOT pulling your head up with your hands * Elbows wide apart * Neck relaxed and eyes looking up at the roof * Shoulder blade lifting off the floor when you curl up * Lifting your knees way up towards to your head