



EXMOUTH ENERGY

11m 49s

A great workout for using up extra energy!
Aerobic exercise for at least 10 minutes positively affects impulsivity, mood, unproductive and disruptive behaviour, attention span, work performance and on-task behaviour.



Movement	Seated modifications	Other modifications	Progressions	Watch points
Mountain Climber	Sit up tall and put your arms straight out in front of you. Keep your arms straight and strong, as though you're pushing against an invisible wall. March your legs up and down, lifting your knees up as high as you can.	Do Mountain Climber standing... Have your arms straight out in front of you and hands pushing gently against a wall. March your legs up and down, lifting your knees up as high as you can.	Speed it up	* Squeezing tummy muscles * Back straight * Shoulders pulled down and back * Hips staying level, and as still as possible



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Goanna Climb	Place your hands on your thighs. Lean forward from your hips, keeping your back straight. Lower yourself onto your left elbow, then right elbow also. Then push back up onto your hands (one at a time), pushing you back up to an upright seated position. Repeat, changing the arm you lead with each time.	Standing: Do the Goanna Climb with your hands on a wall (easiest) or sturdy bench (more difficult).	Try the Goanna Climb in a full push-up position (toes on the floor instead of knees).	* Looking down at the floor * Tummy muscles squeezed * Shoulders pulled down away from ears * Body in a straight line (tummy off the floor). Think of your body as a plank of wood being lowered down and lifted back up whilst staying strong and straight. * Hips level with the floor throughout the movement
Frog Squat	Move your feet wide apart. Lean forward with a straight back and put your hands on the front of your seat. Push down with your hands (and feet if possible) to lift your bottom off the chair slightly. Then sit back down.	Do the Frog Squat with a sturdy chair just behind you. Squat down only until you feel your bottom touch the chair and then stand back up to the start position.	Do the Frog Squat jumping up instead of standing up. Land in the starting position softly and with your knees bent.	* Eyes looking forward * Back straight * Shoulders higher than hips * Knees kept wide (facing over your toes, rather than deviating inwards on the way up)



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Jungle Jog	Do seated jogging with your arms, and legs if possible	Slow it down to walking pace	Speed it up	* Chest upright & back straight * Squeezing tummy muscles
Lion Lunge	Lift one leg off your chair, hold for 3 seconds, then lower. Switch legs and keep repeating.	Step forward and then back again, without lungeing down. Focus on your balance and keeping your hips level.	Try walking lunges around the room	* Bending both knees (to achieve right angles in both knees) * Hips facing straight ahead * Body upright (not bending forward) * Feet hip-width apart * Front knee behind the front toes. To achieve this: take a large step forward, and keep your weight balanced on both the front and back foot.
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), or - 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 all lifting together as one (rather than shoulders lifting first like a wriggly worm). Bend and straighten the elbows to achieve the movement



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Star Jump Safari	Curl into a ball, then jump your arms (and legs too if possible) into a star.	Step your feet out to make a star, rather than jumping them out. Move your arms out and back in with your legs.	Speed it up	* Moving arms and feet out/in at the same time * Chest upright & back straight * Squeezing tummy muscles * Shoulders pulled down and back * For the 'scissor jumps' make sure the opposite arm and leg are forward
Grasshopper Groove	Curl your body down to touch your toes. Then straighten your body back up as quickly as you can (as though you're jumping up), reaching your hands up high into the air.	Do the Grasshopper... Standing up instead of jumping and/or Stepping your feet in and out of the push-up position, instead of jumping.	When doing the Grasshopper Groove, try keeping your knees off the floor (so you're doing the push-ups on your toes instead of knees).	* Abdominal muscles squeezed * Back straight * Shoulders down and back * Feet, knees and hands kept shoulder-width apart
Desert Lizard Dance	Reach your arms straight up beside your ears and just do the arms part of the Desert Lizard Dance up in the air. To make it more challenging, lean forward from your hips with a straight back, and do the arm movement in that position.	Do the Desert Lizard Lift just with your legs (one leg lifting at a time, while you leave your arms on the floor). Then do it just with your arms.	Use your upper back muscles to keep your chest lifted off the floor while you do the Desert Lizard Dance	* Lifting the opposite arm and leg (e.g. left arm with right leg) * Squeezing buttocks and tummy muscles * Shoulder blades pulled down and back * Body, arms and legs straight



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Shark Scare	Lean forward from your hips with your back straight. Clasp your hands behind your back (to make a shark fin). Lift your hands up and back. Gently arch your upper back to reach your chest up and forwards.		While doing the Shark Scare, lift your legs off the floor also	* Legs straight and feet squeezed together
Toad Sit	Lift your left foot onto your chair. Use your left elbow to push your left knee outwards until you feel a stretch. Bend forwards from your hips, keeping your back straight and strong. Place your elbows on the insides of your knees and push your knees outwards. Hold for 5 deep breaths		Do the Toad Sit with your arms... - Straight out in front of you - Pointing up to the sky in front of you	* Feet wider than hips * Chest upright and back straight * Shoulders down and neck relaxed
Pigeon Pose	Same as the standard Pigeon Pose		Try Pigeon Pose on the floor... 1. Step your right foot back and lunge down to kneel on your right knee 2. Slide your left foot to the right, and place your hands on the floor in front of you 3. Slide your right leg back as far as you can 4. Lower your left knee and hips towards the floor	* The front leg ideally parallel with the pelvis (hip bones) * Pelvis (hip bones) facing straight forwards * Back leg in a straight line behind you