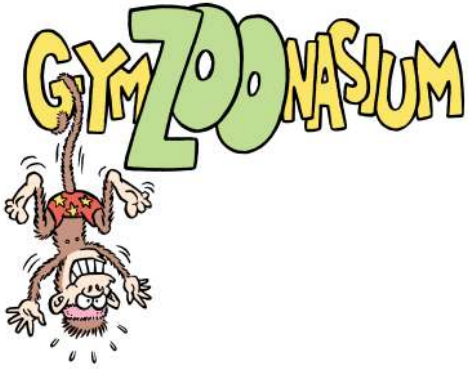




FANCY FEET

4m 30s

4:30
FITNESS



Let's explore some fun ways in which we can move our feet, whilst learning some interesting facts about animal feet!

This session is categorised as: Quick Brain Break, Small Space, Balance, Strength, Lower Limb, Intermediate

Movement	Seated modifications	Other modifications	Progressions	Watch points
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
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



Movement	Seated modifications	Other modifications	Progressions	Watch points
Giraffe Reach	Reach your arms up in the air like a tall giraffe. Lift one or both heels off the floor if you can.	Lift one heel off the floor, then lower it and lift the other heel.	Try the Giraffe Reach: - With your eyes closed - On a wobbly surface (standing on a pillow or mattress on the floor) - With one foot lifted up off the floor	* Standing tall and straight * Squeezing abdominal muscles, to help with balance * Focusing your eyes on something still in front of you, to help with balance
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)
Meerkat Mission	Massage the top of your legs with your elbows.	* Do Meerkat Mission while holding a sturdy desk or wall to help you balance. * Lie on your side with straight legs and knees together. Bend your top knee and pull your foot up towards your bottom. If it's too tricky to balance, do this stretch lying on your tummy instead.	Try Meerkat Mission with your eyes closed, to challenge your balance	* Standing up tall, like a meerkat * Neck and shoulders relaxed * Bottom tucked under * Knees together
Butterfly Bliss	Lift one leg, putting your foot on your opposite thigh. Use your forearm to gently push your knee down.		While doing Butterfly Bliss lean forwards (keeping your back straight)	* Back straight (sitting up tall) * Shoulders down and relaxed