



GECKO CREEP

*With moist, clingy feet
and round googly eyes,
geckos crouch down low
and creep like they're spies.*

PURPOSE

- Strengthens abdominals, hip flexors and arms
- Improves coordination of both sides of your body
- Can help you feel calm, alert and ready to learn



INSTRUCTIONS

1. Start in a full push-up position (on your hands and toes)
2. Keeping your body low and hips as still as you can, step your right hand and left foot forwards and then back again to the pushup position
3. Step your left hand and right foot forwards and then back again to the pushup position
4. Repeat 10-20 times, switching the hand and foot each time



WATCH FOR

- A straight line from shoulders to heels (rather than hips lifting up or sagging)
- Moving your hand and opposite foot at the same time
- Small, slow, controlled steps
- Tummy muscles squeezed



MORE CHALLENGING

- Try balancing a soft toy or pencil case on your back while doing the Gecko Creep. Try not to let it fall!
- Try the Gecko Creep moving forwards along the floor. Step your right hand and left foot forward, then step your left hand and right foot forward.

MODIFICATIONS

- Start in a push-up position (on your hands and toes). Keep your body still, while you step your left foot forward then back. Then step forward and back with your right foot.
- Standing: Start in a standing push-up position (with your hands against a wall). Lift your left knee up to your left elbow, then back down. Repeat on the other side. Keep your tummy muscles squeezed and hips still.
- Seated or standing: Climb up an imaginary ladder with your arms (and your legs if possible).



MAKE IT MULTI-SENSORY

Play limbo! Ask two friends to hold a broomstick, rope or skipping rope, and see if you can Gecko Creep under it.



FUN FACTS

- The hairs under geckos' toes enable them to stick to almost any surface - even windows and ceilings.
- Most geckos are nocturnal (awake at night). They have amazing night vision that enables them to see in colour at night.
- Most geckos can drop their tails when attacked. Their tail keeps moving back and forth. Then the gecko can escape and will re-grow a new tail.
- Some geckos can run across water, and can do so lightning fast - 10 metres per second (as fast as the fastest humans can sprint)



FUN AND GAMES

- Geckos lick their eyes to clean them. Can you do this too?
- Draw which parts of your body you can reach with your tongue!