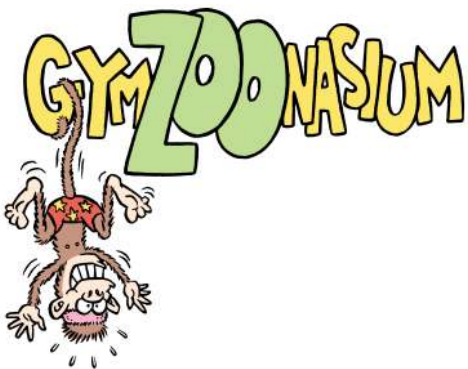




GIBB RIVER JOURNEY



4m 49s

Join us on a fitness journey, along Western Australia's famous Gibb River Road!
Learn about getting started on a fitness journey and setting goals along the way.

Movement	Seated modifications	Other modifications	Progressions	Watch points
Flamingo Balance	Sit on a wobbly cushion and balance with your eyes closed	Do the Flamingo Balance: - Focusing your eyes on something still in front of you, to help you balance - With the toes of your lifted foot touching the floor	Try the Flamingo Balance: - With your foot up higher (on the thigh of the opposite leg) - Balancing with your eyes closed - Balancing on a wobbly surface, or - Moving your lifted foot while keeping the rest of your body frozen still. Pedal an imaginary bicycle one-legged or write your name in the air.	* Keeping your foot still on the floor and your body still * Hips level (not dropping down on one side) * Tummy muscles squeezed, to help balance
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



Movement	Seated modifications	Other modifications	Progressions	Watch points
Kangaroo Jump	Do a jumping motion with your arms (and legs if you can), like you're propelling your body to jump up high in the air.	Walk around the room, and stop quickly when your teacher or parent says "stop". Sit still on an exercise ball, focusing on your balance.	Try the Kangaroo Balance on one leg (i.e. hopping on one leg, making sure to land softly with bent knees). Do 5-10 hops on one leg, then switch legs.	* Feet hip-width apart * Bent knees at take off and landing (to help absorb impact) * Using your arms to help you jump higher
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
Praying Mantis Plank	Put the palms of your hands together. Push them together strongly for as long as you can.	Do the Praying Mantis Plank... - On your knees (instead of toes) - With a ball under your tummy	Try lifting one foot slightly off the floor. Change legs each each 10 seconds.	* Body in a straight line (don't let your bottom drop down or lift up in the air) * Tummy muscles switched on * Shoulders down and neck relaxed
Llama Stretch	Lift your left ankle and place it on top of your right knee. Gently lean forwards, keeping your back long and straight. Use your left hand to gently press your left knee down.	Do this stretch standing by taking a big step forward. Tuck your "tail" (bottom) down and bend your front knee slightly. Reach your hands to the sky.	While doing the Llama Stretch, lift your back foot and use your hand to pull the foot towards your bottom	* Bottom tucked down (like a naughty puppy) * Hips/pelvis facing straight forwards