



GO FOR GOLD: INSPIRED BY CATHY FREEMAN



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Have you ever dared to dream... that one day you can become an Australian sporting legend?
Let's take inspiration from one of our favourite Australians, Cathy Freeman!

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
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
Lion Roar	Do the Lion Roar seated	You can do the Lion Roar silently as you're getting the hang of it (or in places when you need to be quiet, such as in class)	As you breathe out, try doing a louder Lion Roar	* Breathing in through your nose and out through your mouth * Shoulders kept down and back
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