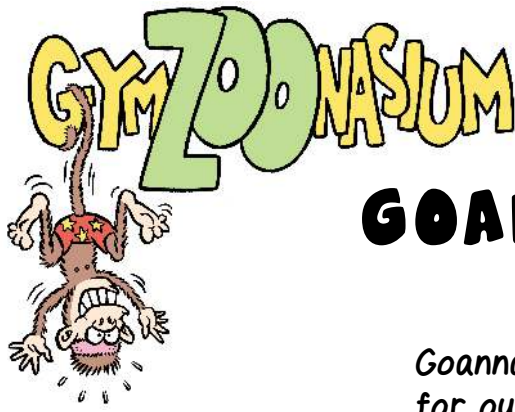




GOANNA CLIMB

*Goanna smells sausages cooking
for our lunch at the picnic spot.
She sneakily climbs to the table
and gobbles them while they're still hot!*

PURPOSE

- Strengthens abdominals, shoulders and arms
- Helps us use up excess energy



INSTRUCTIONS

1. Start in a push-up position, on your hands and knees
2. Lower yourself onto your left forearm and then your right forearm too (so you're now balancing on both forearms)
3. Push back up onto your left hand and then right hand (back to the starting position)
4. Repeat, each time switching the arm you move first

WATCH FOR

- Looking down at the floor
- Abdominals 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 (rather than rocking or swaying).



MODIFICATIONS

- Seated: 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).

MORE CHALLENGING

- Try the Goanna Climb in a full push-up position (toes on the floor instead of knees).



MAKE IT MULTI-SENSORY

- Try balancing something soft on your back e.g. a pencil case. This will give you feedback on whether you're keeping your body strong and flat during the movement.
- Position yourself facing a friend. Lift one hand at a time to give each other as many 'high fives' as you can in a row (instead of lowering down onto your elbows).



FUN FACTS

- Goannas are speedy runners, and excellent at climbing trees and swimming
- Goannas only eat meat. They will eat any prey they can catch and swallow whole.
- Goannas share a common ancestor with snakes. They produce small amounts of venom but don't have fangs to inject the venom with.
- Like snakes, they smell with the tip of their tongue

