



GOTCHA



3m 57s

Explore 'snappy' animals that live in the sea.

This session involves two gross motor strength movements and two movements to develop fine motor skills.

Movement	Seated modifications	Other modifications	Progressions	Watch points
Alligator Snap	Put your hands on the outside of each knee. Push outwards with your knees and inwards with your hands.	Do the Alligator Snap with your hands on the floor beside you, to help you balance.	Try the Alligator Snap with... - Your eyes closed - Your bottom leg held up off the floor - Your arms lifted up off the floor, or - Your legs and arms both 'snapping' up and down together	* Body in a straight line (like a plank of wood) * Tummy muscles and buttocks squeezed



Movement	Seated modifications	Other modifications	Progressions	Watch points
Crab Crawl	Place your hands on the sides of your chair. Push down with your hands (and also with your legs or feet if possible) to lift your bottom	Lie on your back with your knees bent and feet flat on the floor. Push your feet into the floor to push your bottom off the floor. Hold for as long as you can, breathing normally.	In the Crab Crawl position: - Lift one foot, so just your toes are touching the floor or the foot is just off the floor. Keep your hips still and bottom up. Hold for 10 seconds, then change legs. Or - Step your hands and feet to slowly Crab Crawl around in a circle or side to side (without dropping your bottom).	* Correct start position (arms by the side, not over the shoulders) * Right angles at the shoulders and knees * Bottom pushed up, so your body is flat like a table
Crayfish Claws	Do Crayfish Claws in your chair	* Do Crayfish Claws more slowly * Do Crayfish Claws without your other fingers curled in a ball * Do Crayfish Claws with one hand at a time	* Hide a tiny toy in your other fingers while you do Crayfish Claws * Do Crayfish Claws popping bubble wrap between your thumb and pointer finger	* Only pointer finger and thumb moving * The other three fingers curled into a ball
Clam Close	Do Clam Close in your chair	Do Clam Close with your fingers together instead of apart	Try Clam Close with a stretchy scrunchie around your knuckles	Try Clam Close in the bath, opening and closing your 'shell' underwater like a clam!