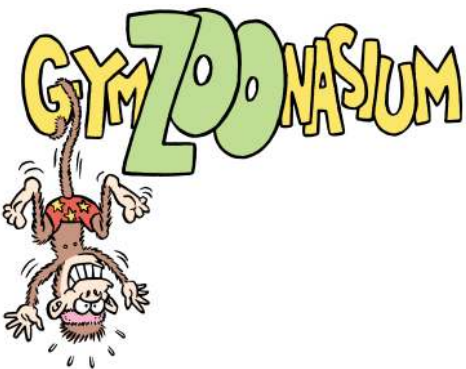
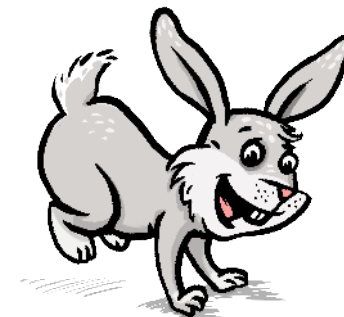




HOP TO IT

2m 45s

A quick, energising session that prepares children's upper limb muscles for handwriting and fine motor activities.



Movement	Seated modifications	Other modifications	Progressions	Watch points
Bunny Hop	Put your hands on the sides of your chair. Push down with your hands to lift your bottom off the chair.		Bunny Hop a little higher (making sure to keep your arms strong to hold you up). If you have enough space, 'Bunny Hop' forwards along the floor. With each Bunny Hop, hop your feet forwards towards your hands and then hop your hands forwards.	* Controlled movement * Feet lifting off the floor only 5-10cm max * Shoulders pulled down, away from ears * Arms strong and straight



Movement	Seated modifications	Other modifications	Progressions	Watch points
Grasshopper Groove	Curl your body down to touch your toes. Then straighten your body back up as quickly as you can (as though you're jumping up), reaching your hands up high into the air.	Do the Grasshopper... Standing up instead of jumping and/or Stepping your feet in and out of the push-up position, instead of jumping.	When doing the Grasshopper Groove, try keeping your knees off the floor (so you're doing the push-ups on your toes instead of knees).	* Abdominal muscles squeezed * Back straight * Shoulders down and back * Feet, knees and hands kept shoulder-width apart
Meerkat Mission	Massage the top of your legs with your elbows.	* Do Meerkat Mission while holding a sturdy desk or wall to help you balance. * Lie on your side with straight legs and knees together. Bend your top knee and pull your foot up towards your bottom. If it's too tricky to balance, do this stretch lying on your tummy instead.	Try Meerkat Mission with your eyes closed, to challenge your balance	* Standing up tall, like a meerkat * Neck and shoulders relaxed * Bottom tucked under * Knees together