

Land of the Lizards

5m 32s

This session is categorised as: Learning (science), Strength, Emotional Regulation, Postural Strength & Control, Bilateral Coordination, Upper Limb



“Australia is home to more reptiles than anywhere else on Earth. Join us in 'Land of the Lizards' to learn some interesting facts about lizards, whilst improving your strength and coordination. This session is appropriate for students in prep to year 6. The session includes a few floor exercises, so prompt your students to find enough space before starting the session.”

Movement	Seated modifications	Other modifications	Progressions	Watch points
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 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



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Turtle Swim	Do the turtle arms up in the air. Reach your arms up high. As you swim your arms down, squeeze your shoulder blades together to help keep your hands back as far as possible.	Keep both feet on the floor and just do Turtle Swim arms. Squeeze your shoulder blades together, to pull your shoulders back and down. Hold each squeeze for as long as you can. Keep breathing deeply.	Try the Turtle Swim with your eyes closed (to challenge your balance).	* Back straight * Squeezing shoulder blades down and back * Keeping arms lifted as high as possible * Slow, controlled arm movement * Good balance (body and legs staying still)
Goanna Climb	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.	<u>Standing:</u> Do the Goanna Climb with your hands on a wall (easiest) or sturdy bench (more difficult).	Try the Goanna Climb in a full push-up position (toes on the floor instead of knees).	* Looking down at the floor * Tummy up off the floor * Shoulders pulled down * Body in a straight line (like a plank of wood) * Hips level with the floor



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Gecko Creep	Climb up an imaginary ladder with your arms (and your legs too if possible).	* Start in a standing push-up position (with your hands against a wall). Lift your knee up towards your elbow and back down, then swap sides. * Start in a push-up (on your hands and toes). Keep your body still, while you step one foot forward then back.	Try balancing a soft toy or pencil case on your back while doing the Gecko Creep. Try not to let it fall!	* A straight line from shoulders to heels (rather than hips lifting up or sagging) * Moving your hand and opposite foot at the same time * Small, slow, controlled steps * Tummy muscles squeezed
Snake Swallow	Do Snake Swallow in your chair	Start by opening your 'snake mouth' a little. Open it wider as your hands grow stronger.	Try Snake Swallow with a scrunchie or thick rubber band around your thumb and fingers	* Opening the hand wide like a snake swallowing a large meal * Fingers all straight and kept together * Thumb and fingers moving apart and back together in sync
Monkey Hug	Do Monkey Hug in your chair	Try Monkey Hug with one arm at a time	Try Monkey Hug while balancing on one foot	* Shoulders down and relaxed * Crossing arms across the body * Giving each arm a turn to be on top