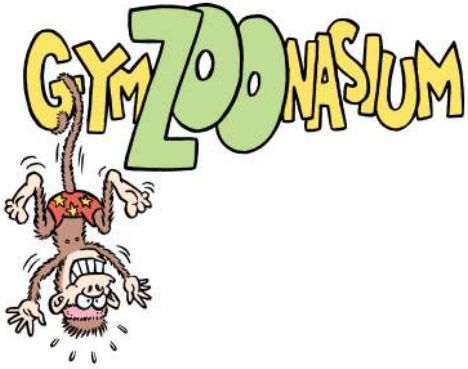




MONKEY BUSINESS

4m 07s



A fun session sure to get your heart rate up and regulate your emotions!

This session is categorised as: Emotional Regulation, Motor Planning & Sequencing, Fitness, Balance, Ball Skills, Pre-writing, Small Space

Movement	Seated modifications	Other modifications	Progressions	Watch points
Downward Dog	Bend your body forward over your legs. Reach your arms out in front of you.		Do Downward Dog with your legs straight and feet flat on the floor.	* Knees as straight as possible * Head and neck relaxed, looking towards your feet
Seagull Hop	Hop' or lift one foot off the floor. Use your arms to propel the 'hop' or to lift your thigh up off your seat	Do smaller hops. Build up the height of your hops as your strength and balance improve.	Hop in different directions. Try forwards and back, and side to side.	* Soft, quiet landings (bending ankles, knees and hips) * Support leg bends on landing, then straightens to push off * Lands and pushes off on the ball of the foot * Head and trunk stable, with eyes looking forward * Arms swinging forward as the support leg pushes off (to help propel your body up into the air) * Non-support leg bent and swings in rhythm with the support leg * Maintaining balance for consecutive hops * Hips staying level



Movement	Seated modifications	Other modifications	Progressions	Watch points
Cross Country	Do Cross Country in your chair, with your arms (and legs too if possible)	Do Cross Country just with your legs	Speed it up	* Keep switching which foot crosses in front * Keep switching which arm crosses on top * Standing tall, with eyes looking forward
Seagull Hop	Hop' or lift one foot off the floor. Use your arms to propel the 'hop' or to lift your thigh up off your seat	Do smaller hops. Build up the height of your hops as your strength and balance improve.	Hop in different directions. Try forwards and back, and side to side.	* Soft, quiet landings (bending ankles, knees and hips) * Support leg bends on landing, then straightens to push off * Lands and pushes off on the ball of the foot * Head and trunk stable, with eyes looking forward * Arms swinging forward as the support leg pushes off (to help propel your body up into the air) * Non-support leg bent and swings in rhythm with the support leg * Maintaining balance for consecutive hops * Hips staying level
Downward Dog	Bend your body forward over your legs. Reach your arms out in front of you.		Do Downward Dog with your legs straight and feet flat on the floor.	* Knees as straight as possible * Head and neck relaxed, looking towards your feet
Sticky Starfish	Do Sticky Starfish in your chair	Do Sticky Starfish slowly	Try Sticky Starfish with your eyes closed	* Only one pair of fingers coming apart at a time