

Move to the Music

4m 25s

This session is categorised as: Quick Brain Break, Lower Limb, Small Space, Intermediate

Let's experience how music can help us feel motivated and in the 'mood to move'!



Movement	Seated modifications	Other modifications	Progressions	Watch points
Jungle Jog	Do seated jogging with your arms, and legs if possible too	Slow down to walking pace	Speed it up	* Chest upright & back straight * Squeezing tummy muscles
Frog Squat	Move your feet wide apart. Lean forward with a straight back and put your hands on the front of your seat. Push down with your hands (and feet if possible) to lift your bottom off the chair slightly. Then sit back down.	Do the Frog Squat with a sturdy chair just behind you. Squat down only until you feel your bottom touch the chair and then stand back up to the start position.	Do the Frog Squat jumping up instead of standing up. Land in the starting position softly and with your knees bent.	* Eyes looking forward * Back straight * Shoulders higher than hips * Knees kept wide (facing over your toes, rather than deviating inwards on the way up)



Movement	Seated modifications	Other modifications	Progressions	Watch points
Ant Nest Dance	Do the Ant Nest Dance in your chair		Add in an extra foot tap behind you! (Before putting your foot back on the floor move your foot and opposite hand behind your body to tap each other there also).	* Body staying tall and strong throughout! * Hand tapping the opposite foot
Bat Hang	Stretch your body out (towards the ceiling) and then bend over to touch your toes.		* In the Bat Hang position, hold your ankles and gently pull your body closer to your legs. * Start standing, with your left foot crossed over the right. Do the Bat Hang with your legs crossed like this.	* Knees straight
Butterfly Bliss	Lift one leg, putting your foot on your opposite thigh. Use your forearm to gently push your knee down.		While doing Butterfly Bliss lean forwards (keeping your back straight)	* Back straight (sitting up tall) * Shoulders down and relaxed