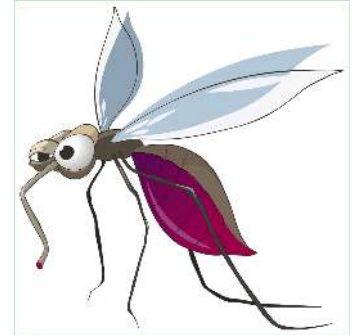




MOZZIE CLAP

*Mozzie's buzzing
Around my knee.
I have to be quick
So it won't sting me!*



PURPOSE

- Improves coordination
- Strengthens our legs and abdominals



INSTRUCTIONS

1. Stand up tall
2. Lift one knee up high and clap your hands under your knee
3. Place your foot back down on the floor and click your fingers
4. Repeat (and switch the leg you lift each time)



WATCH FOR

- Body staying tall and strong throughout!



MODIFICATIONS

- Do Mozzie Clap without clicking your fingers. Just clap your hands under your knee and lift your hands up between claps.
- Seated: Clap your hands just above one knee and then click your fingers up near your shoulders. Then clap above the other knee. (Or, if you can lift your leg, clap under your knee).



MORE CHALLENGING

- Instead of just lifting your leg, 'hop' your leg up
- Try doing Mozzie Clap faster. This will challenge your fitness and coordination!





MAKE IT MULTI-SENSORY

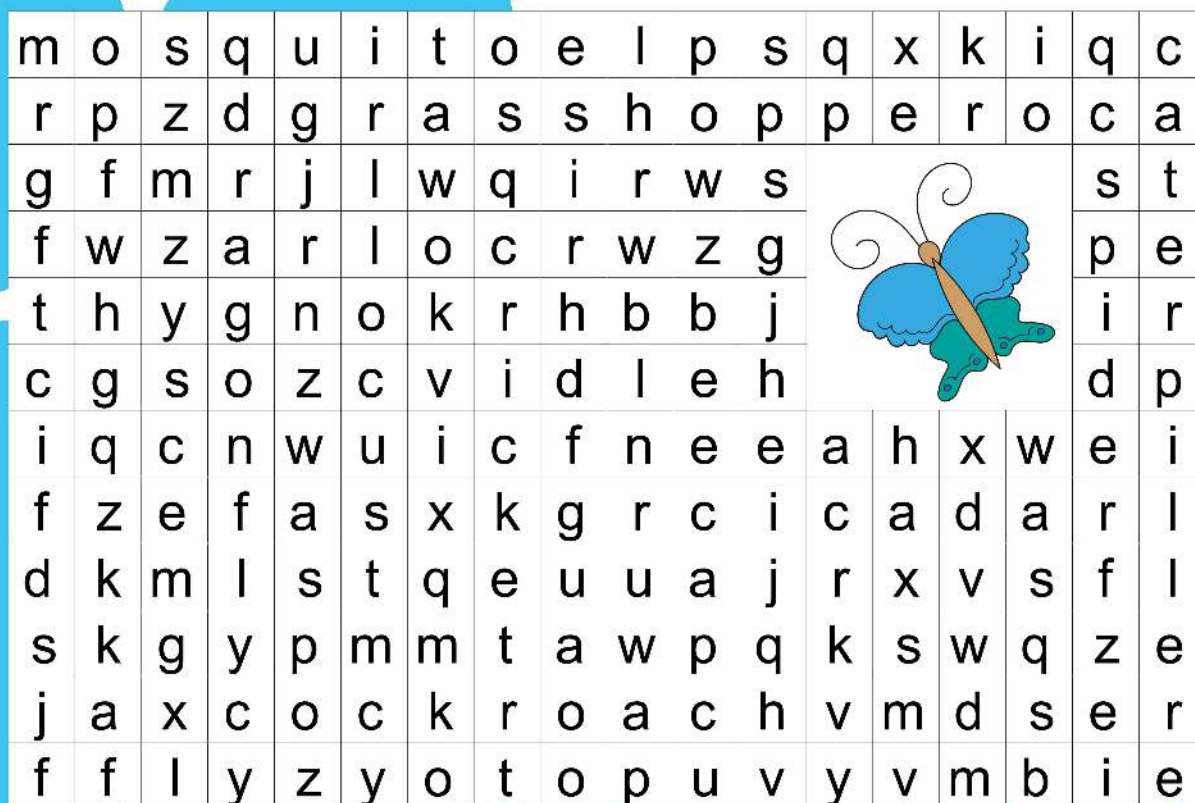
- Imagine you're trying to catch a mozzie that's buzzing around your leg. Can you make a buzzing sound like a mozzie?
- Listen to your favourite song. Can you do Mozzie Clap in time with the beat?



FUN AND GAMES

WORD SEARCH PUZZLE

INSECTS



bee	cricket	locust
caterpillar	dragonfly	mosquito
cicada	fly	spider
cockroach	grasshopper	wasp

