



OUT OF PLACE (Like a DOG in SPACE)



4m 55s

Sometimes our bodies can feel out of place (like a dog in space)! Today, you might feel wobbly, or heavy, or you might have energy that's trying to escape. Grab your pretend spacesuit, and let's try some spacey moves!

Movement	Seated modifications	Other modifications	Progressions	Watch points
Dragon Breath	Do Dragon Breath seated in your chair		Make each dragon breath longer and more powerful (trying to breathe your fire out further each time)	* Breathing in through your nose and out through your mouth * Shoulders kept down and back
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



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
Crab Crawl	Place your hands on the sides of your chair. Push down with your hands (and also with your legs or feet if possible) to lift your bottom	Lie on your back with your knees bent and feet flat on the floor. Push your feet into the floor to push your bottom off the floor. Hold for as long as you can, breathing normally.	In the Crab Crawl position: Lift one foot, so just your toes are touching the floor or the foot is just off the floor. Keep your hips still and bottom up. Hold for 10 seconds, then change legs. Step your hands and feet to slowly Crab Crawl around in a circle or side to side.	* Correct start position (arms by the side, not over the shoulders) * Right angles at the shoulders and knees * Bottom pushed up, so your body is flat like a table
Echidna Curl	Squeeze your tummy muscles. Curl one shoulder down towards your opposite knee. Sit back up, then curl the other shoulder down.	Do the Echidna Curl keeping your feet on the floor and only lifting your head/shoulders off the floor.	Lift both shoulders and both feet off the floor together, to curl your whole body into a ball	* Using tummy muscles to curl up, NOT pulling your head up with your hands * Elbows wide apart * Neck relaxed and eyes looking up at the roof * Shoulder blade lifting off the floor when you curl up * Lifting your knees way up towards to your head
Sloth Snooze	Sit on a chair and curl your body forward into a "C" shape. Move one foot forwards, straighten that leg & flex your toes towards you.	Do the Sloth Snooze with... - Just one leg at a time stretching up into the air - Your legs up against a wall	While doing the Sloth Snooze, flex your toes back towards you	* Bottom ideally against the wall * Legs straight * Neck and upper body relaxed