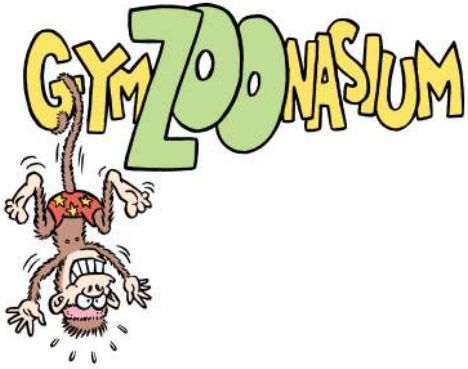




POWER ZONE

10m 01s



Let's move our body gradually through the different power zones. Have fun powering on, powering up and powering down!

This session is categorised as: Emotional Regulation, Bilateral Coordination, Flexibility, Intermediate

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
Star Jump Safari	Curl into a ball, then jump your arms (and legs too if possible) into a star	Step your feet out to make a star, rather than jumping them out. Move your arms out and back in with your legs.	Speed it up	* Moving arms and feet out/in at the same time * Chest upright & back straight * Squeezing tummy muscles * Shoulders pulled down and back * For the 'scissor jumps' make sure the opposite arm and leg are forward
Kangaroo Jump	Do a jumping motion with your arms (and legs if you can), like you're propelling your body to jump up high in the air.	* Walk around the room, and stop quickly when your teacher or parent says "stop". * Sit still on an exercise ball, focusing on your balance.	Jump higher (making sure to land softly with bent knees).	* Feet hip-width apart * Bent knees at take off and landing (to help absorb impact) * Using your arms to help you jump higher



Movement	Seated modifications	Other modifications	Progressions	Watch points
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
Chimpanzee Swing	<u>Seated:</u> Make sure it's a sturdy chair. Place your hands on the sides of your chair, halfway between the front and back of the chair (so the chair will stay still and balanced when you lift your bottom). Push down through your hands to lift your bottom off the chair (and feet off the floor also if you can). <u>Wheelchair:</u> Make sure the wheelchair brake is on and you position your hands on the middle of your armrests. Push down through your hands to lift your bottom off the chair.		Hold one foot up off the floor while doing the Chimpanzee Swing.	* Shoulders down and back * Chest upright * Tummy muscles squeezed



Movement	Seated modifications	Other modifications	Progressions	Watch points
Panda Sit	Use your hands to push your knees apart. Lean forward with your back straight.	Do the Panda Sit with one leg bent and that knee pointed out to the side. Lean forwards with a straight back to feel a stretch on the inside of the straight leg.	Do the Panda Sit with: - Your feet wider apart - Your chest lowered closer to the floor	* Legs straight * Bending forward from your pelvis, so your back stays straight and chest stays proud
Armadillo Curl	Curl your body down, reaching towards your feet.	Complete this stretch with one leg bent (with the bent knee pointed out to the side). Lean forwards to bring your chest towards the straight leg.	While doing the Armadillo Curl, flex your toes back towards you	* Legs straight * Shoulders down and back * Deep breaths (not holding your breath)