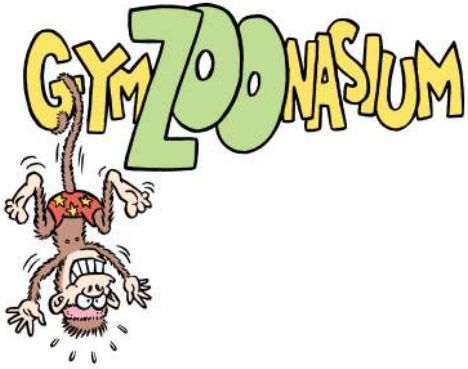




RACEY CAT, SPACEY CAT

5m 14s



Join us for a fun exercise journey while learning some cool facts about cats. This session is suitable for years P-6.

This session is categorised as: Learning (Science), Quick Brain Break, Small Space, Fitness (High energy) & a Breathing Exercise

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



Movement	Seated modifications	Other modifications	Progressions	Watch points
Banana Rama	Reach your arms up to the sky. Bend one elbow down towards your opposite knee (lifting your knee to your elbow if possible).	Do Banana Rama slowly (focusing on bringing your elbow towards your opposite knee)	Speed it up	* Elbow coming down towards the opposite knee * 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)
Peacock Pose	Lean forward from your hips with your back straight. Clasp your hands behind your back. Lift your arms as high as you can (with back straight and chest proud).		Try doing Peacock Pose balancing on one foot	* Standing tall (chest upright) * Shoulders down and neck relaxed
Lion Roar	Do the Lion Roar seated	You can do the Lion Roar silently as you're getting the hang of it (or in places when you need to be quiet, such as in class)	As you breathe out, try doing a louder Lion Roar	* Breathing in through your nose and out through your mouth * Shoulders kept down and back
Cat Stretch	Curl forwards and arch your back up as high as you can (angry cat). Then sit up straight and push your chest out (happy cat).			* Hands under your shoulders and knees under your hips * Neck relaxed