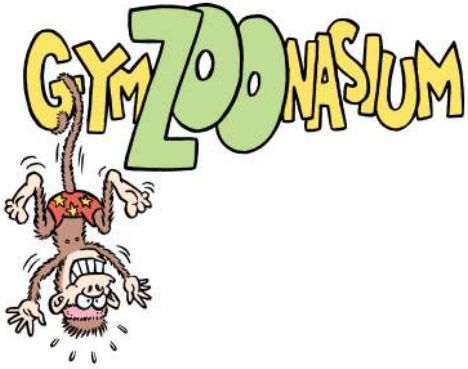




RAISE THE ROOF OFF



7m 32s

Are you ready to dance? Let's have some fun dancing with Whoops the Monkey and then freezing in an animal pose!

This session is categorised as: Balance, Strength, Lower Limb, Standing Session

Movement	Seated modifications	Other modifications	Progressions	Watch points
Gorilla Squat	Place your hands on the sides of your chair. Push down with your hands (and your legs/feet if possible) to lift your bottom.	Do the Gorilla Squat with your back against a wall. Step your feet forward and slide your back down the wall until it looks like you're sitting on a chair. Hold for as long as you can.	Sit in a Gorilla Squat position against a wall. Keep your back and bottom against the wall, while you go onto tippy toes for 20 seconds, then onto heels for 20 seconds. Keep alternating and hold for as long as you can.	* Knees kept wide, facing over your toes * Hips reaching back * Chest upright and eyes looking forward
Giraffe Reach	Reach your arms up in the air like a tall giraffe. Lift one or both heels off the floor if you can.	Lift one heel off the floor, then lower it and lift the other heel.	Try the Giraffe Reach: - With your eyes closed - On a wobbly surface (standing on a pillow or mattress on the floor) - With one foot lifted up off the floor	* Standing tall and straight * Squeezing abdominal muscles, to help with balance * Focusing your eyes on something still in front of you, to help with balance



Movement	Seated modifications	Other modifications	Progressions	Watch points
Flamingo Balance	Sit on a wobbly cushion and balance with your eyes closed	Do the Flamingo Balance: - Focusing your eyes on something still in front of you, to help you balance - With the toes of your lifted foot touching the floor	Try the Flamingo Balance: - With your foot up higher (on the thigh of the opposite leg) - Balancing with your eyes closed - Balancing on a wobbly surface, or - Moving your lifted foot while keeping the rest of your body frozen still. Pedal an imaginary bicycle one-legged or write your name in the air.	* Keeping your foot still on the floor and your body still * Hips level (not dropping down on one side) * Tummy muscles squeezed, to help balance
Sticky Starfish	Do Sticky Starfish in your chair	Do Sticky Starfish slowly	Try Sticky Starfish with your eyes closed	* Only one pair of fingers coming apart at a time