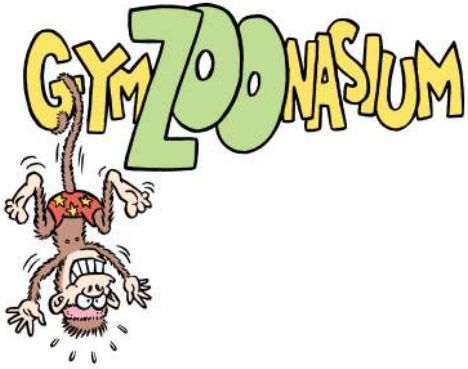




RECHARGE

10m 24s



When we're feeling low in energy, movement can help give us more energy so we feel better.
Let's recharge our energy now with 10-minutes of fitness, strength and stretching.

This session is categorised as: Bilateral Coordination, Lower Limb, Balance

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



Movement	Seated modifications	Other modifications	Progressions	Watch points
Seagull Hop	Hop or lift one foot off the floor. Use your arms to propel the 'hop' or to lift your thigh up off your seat	Do smaller hops. Build up the height of your hops as your strength and balance improve.	Hop in different directions. Try forwards and back, and side to side.	* Soft, quiet landings (bending ankles, knees and hips) * Support leg bends on landing, then straightens to push off * Lands and pushes off on the ball of the foot * Head and trunk stable, with eyes looking forward * Arms swinging forward as the support leg pushes off (to help propel your body up into the air) * Non-support leg bent and swings in rhythm with the support leg * Maintaining balance for consecutive hops * Hips staying level
Cross Country	Do Cross Country in your chair, with your arms (and legs too if possible)	Do Cross Country just with your legs	Speed it up	* Keep switching which foot crosses in front * Keep switching which arm crosses on top * Standing tall, with eyes looking forward



Movement	Seated modifications	Other modifications	Progressions	Watch points
Goanna Climb	Place your hands on your thighs. Lean forward from your hips, keeping your back straight. Lower yourself onto your left elbow, then right elbow also. Then push back up onto your hands (one at a time), pushing you back up to an upright seated position. Repeat, changing the arm you lead with each time.	<u>Standing:</u> Do the Goanna Climb with your hands on a wall (easiest) or sturdy bench (more difficult).	Try the Goanna Climb in a full push-up position (toes on the floor instead of knees).	* Looking down at the floor * Tummy up off the floor * Shoulders pulled down * Body in a straight line (like a plank of wood) * Hips level with the floor
Elephant Balance	Point one arm up to the ceiling and the other arm down to the ground. Then switch to point them the other way. If you can, lift your opposite leg towards the arm that is pointed up.	Lift only one arm OR one leg at a time.	Try the Elephant Balance in a full push-up position (balancing on your hands and toes, with your back straight). Lift only one leg OR 1 arm at a time.	* Back and hips staying flat like a table
Orangutan Stretch	Reach your left arm up above you and lean your upper body over to the right. Push your left hip down and away from your left arm if you can. Hold for 5 deep breaths and switch sides.	Stand with feet hip-width apart on the floor and do the upper body part of the Orangutan Stretch.		* Hips, shoulders and arm facing straight ahead (not leaning forwards) * Bottom hand pushing into your leg



Movement	Seated modifications	Other modifications	Progressions	Watch points
Bat Hang	Stretch your body out (towards the ceiling) and then bend over to touch your toes.		* In the Bat Hang position, hold your ankles and gently pull your body closer to your legs. * Start standing, with your left foot crossed over the right. Do the Bat Hang with your legs crossed like this.	* Knees straight
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