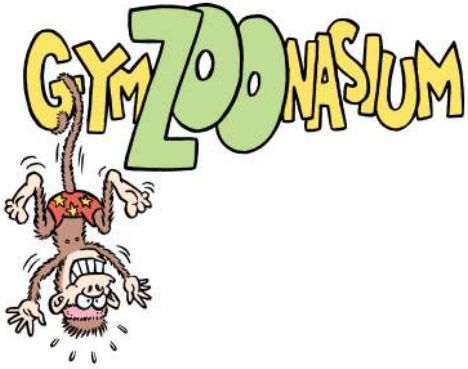




RHYTHM

10m 08s

Our heartbeat and our breath are always creating a rhythm.
Let's move our bodies to create different rhythms today.

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



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
Desert Lizard Dance	Reach your arms straight up beside your ears and just do the arms part of the Desert Lizard Dance up in the air. To make it more challenging, lean forward from your hips with a straight back, and do the arm movement in that position.	Do the Desert Lizard Lift just with your legs (one leg lifting at a time, while you leave your arms on the floor). Then do it just with your arms.	Use your upper back muscles to keep your chest lifted off the floor while you do the Desert Lizard Dance	* Lifting the opposite arm and leg (e.g. left arm with right leg) * Squeezing buttocks and tummy muscles * Shoulder blades pulled down and back * Body, arms and legs straight
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



Movement	Seated modifications	Other modifications	Progressions	Watch points
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
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



Movement	Seated modifications	Other modifications	Progressions	Watch points
Toad Sit	Lift your left foot onto your chair. Use your left elbow to push your left knee outwards until you feel a stretch. Bend forwards from your hips, keeping your back straight and strong. Place your elbows on the insides of your knees and push your knees outwards. Hold for 5 deep breaths		Do the Toad Sit with your arms... - Straight out in front of you - Pointing up to the sky in front of you	* Feet wider than hips * Chest upright and back straight * Shoulders down and neck relaxed
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