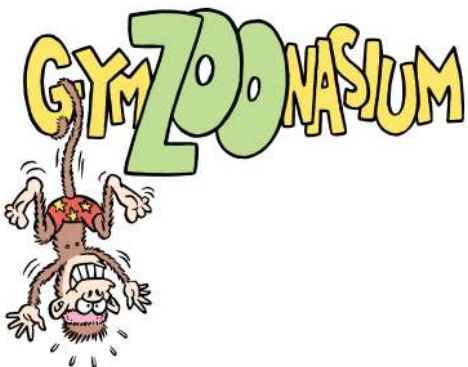




RIGHT TO WRITE

1m 50s

A quick pre-writing session -
Get the muscles from your shoulders to your fingers ready to do neat handwriting!



Movement	Seated modifications	Other modifications	Progressions	Watch points
Lizard push-up	Do Lizard Push-ups with your hands on your knees (or against a parent's hands, with them pushing gently against your hands)	Do Lizard Push-ups: - Kneeling on all fours like a cat (i.e. keeping your bottom up rather than down) - Standing, with your hands against a wall.	- Try Lizard Push-ups with your hands on a pillow. - Try full push-ups (with your toes on the floor instead of your knees). Push your body up together like a solid plank of wood, rather than a wriggly worm.	- Body straight (from shoulders to knees), keeping tummy muscles squeezed - Body lifting together as one (rather than like a wriggly worm). Just bend and straighten the elbows to achieve the movement
Elephant trunk swing	Sit up tall and lift your left arm (your elephant trunk) to shoulder height. Twist your upper body to the left and reach your arm as far around to your left as you can. Then twist to the right and reach as far across to the right as you can. Repeat 3 times, then switch arms.		Lift your opposite leg off the floor (when your left hand is off the floor, lift your right leg). Keep it still and straight (off the floor) while you do the Elephant Trunk Swing. When you switch arms, switch the lifted leg too.	Pelvis/hips still, and upper body twisting



Movement	Seated modifications	Other modifications	Progressions	Watch points
Chimpanzee swing	Place your hands on the sides of your chair. Push down with your arms to lift your bottom off your chair (and feet off the floor if possible).		Hold one foot up off the floor while doing the Chimpanzee Swing	• Shoulders down and back • Chest upright • Tummy muscles squeezed