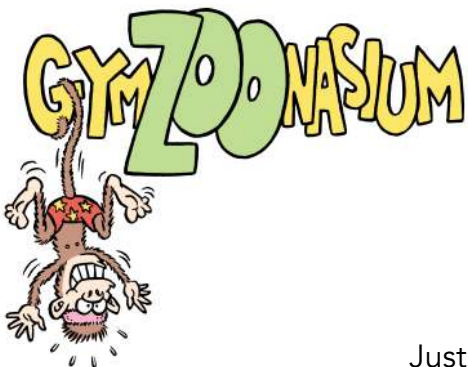
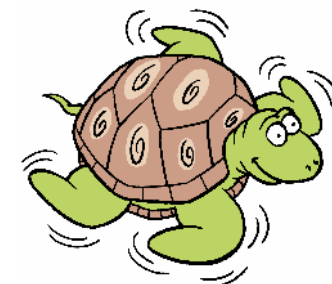




SERENGETI SWING

3m 31s



Just like people, elephants are either left or right handed. But unlike us, they have a trunk. Let's pretend we have a trunk too, to help get our bodies ready for writing.

Session benefits: Pre-writing, Bilateral coordination, Crossing the midline, Motor planning & sequencing, Balance, Pelvic stability, Upper limb, Strength, Flexibility

Movement	Seated modifications	Other modifications	Progressions	Watch points
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
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