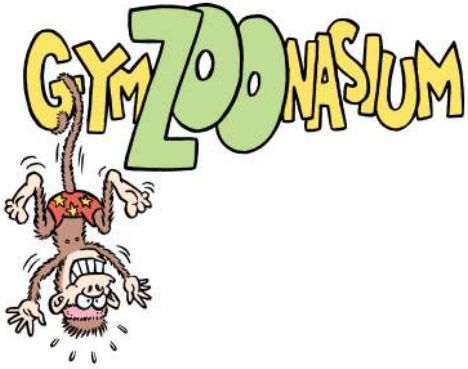




SILLY, STRONG & STRETCHY



10m 15s

Join us in this session for a chance to feel silly with 4 of our silliest moves, then to feel strong by building your strength and finally feeling stretchy with 4 great full body stretches.

This session is categorised as: Motor Planning & Sequencing, Lower Limb, Bilateral Coordination, Pelvic Stability, Small Space, Intermediate

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



Movement	Seated modifications	Other modifications	Progressions	Watch points
Forest Floss	Put your arms straight up in the air. Twist your upper body to one side. Do the Forest Floss arm movement upside down (i.e. with your arms up in the air moving on either side of your head). Then repeat facing the other side.	* Slow it down * Practise the Forest Floss hip movement by itself. Then practise the Forest Floss arm movement by itself.	Speed it up	* Arms swinging in the opposite direction than hips * Legs and arms straight
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
Banana Rama	Reach your arms up to the sky. Bend one elbow down towards your opposite knee (lifting your knee to your elbow if possible).	Do Banana Rama slowly (focusing on bringing your elbow towards your opposite knee)	Speed it up	* Elbow coming down towards the opposite knee * Chest upright & back straight * Squeezing tummy muscles



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Lion Lunge	Lift one leg off your chair, hold for 3 seconds, then lower. Switch legs and keep repeating.	Step forward and then back again, without lungeing down. Focus on your balance and keeping your hips level.	Try walking lunges around the room.	* Bending both knees (to achieve right angles in both knees) * Hips facing straight ahead * Body upright (not bending forward) * Feet hip-width apart * Front knee behind the front toes. To achieve this: take a large step forward, and keep your weight balanced on both the front and back foot.
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
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
Meerkat Mission	Massage the top of your legs with your elbows.	* Do Meerkat Mission while holding a sturdy desk or wall to help you balance. * Lie on your side with straight legs and knees together. Bend your top knee and pull your foot up towards your bottom. If it's too tricky to balance, do this stretch lying on your tummy instead.	Try Meerkat Mission with your eyes closed, to challenge your balance	* Standing up tall, like a meerkat * Neck and shoulders relaxed * Bottom tucked under * Knees together
Snail Curl	Curl your upper body forwards like a snail hiding in its shell	Do the Snail Curl with... - Your arms by your side - Your head resting on your fists or a firm pillow, or - A folded towel or blanket on top of your feet	Move your knees wider apart to feel a deeper stretch in your hips	* Head down. If your head can't reach the floor, rest it on your fists or a firm pillow.
Butterfly Bliss	Lift one leg, putting your foot on your opposite thigh. Use your forearm to gently push your knee down.		While doing Butterfly Bliss lean forwards (keeping your back straight)	* Back straight (sitting up tall) * Shoulders down and relaxed