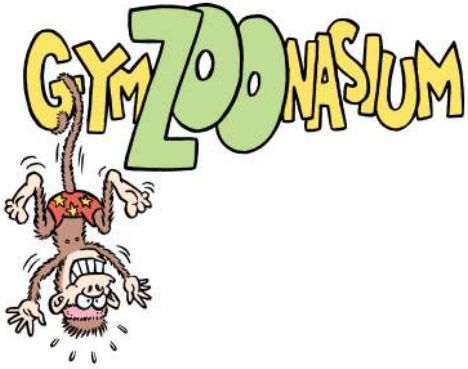




SIMPSON DESERT FRIENDS

3m 19s



Out in the Simpson Desert, where the Northern Territory meets South Australia and Queensland, four animal friends live together in harsh desert conditions. Let's learn about these animals as we do their movements.

This session is categorised as: Pre-writing, Quick Brain Break, Fine Motor Skills, Bilateral Coordination, Upper Limb, Motor Planning & Sequencing, Postural Strength & Control, Strength, Intermediate, Floor Session

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



Movement	Seated modifications	Other modifications	Progressions	Watch points
Bilby Ears	Do Bilby Ears in your chair	Do Bilby Ears with your hands in front of you, so you can watch your fingers moving	While doing Bilby Ears, try holding something tiny (like a small piece of lego) in your hand with the other curled up fingers	* Thumb, pinkie and ring finger staying curled up in a fist
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
Spider Stretch	Do Spider Stretch in your chair	Do Spider Stretch with something smaller than your fist (try an eraser or pencil sharpener)	* Do Spider Stretch using various sized balls or soft toys as the 'prey' * Hold the Spider Stretch position for as long as you can	* 'Spider hand' arched high and wide (so it doesn't touch the fist)