



Snake Strike

*Sneaky snake slithers by
hiding in the long grass.
If we don't frighten him
he's sure to let us pass.*

PURPOSE

- Strengthens your bottom and legs
- Improves pelvic stability



INSTRUCTIONS

1. Lie on your back with your knees bent and feet hip-width apart on the floor
2. Squeeze your tummy and push your hips up into the air
3. Lift one foot up (like a snake about to strike) and then lower it back down, 4-10 times
4. Then switch legs



WATCH FOR

- Feet and knees hip-width apart
- Neck and shoulders relaxed
- Bottom staying up, keeping your body in a straight line from shoulders to knees. Achieve this by pushing your heels into the floor and keeping your tummy muscles squeezed.



MODIFICATIONS

- Do steps 1 to 2 of the Snake Strike and hold that position. Keep both feet on the floor rather than lifting your foot.
- Seated: Squeeze your tummy and lift one leg up off your chair. Keep your leg lifted while you count to ten, then change legs.

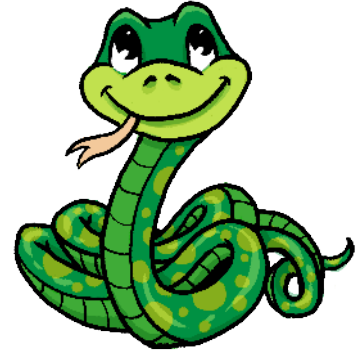
MORE CHALLENGING

- Hold the Snake Strike position (with one leg lifted). Instead of lowering your foot to the floor, lower your hips down almost to the floor and then push them back up again. Repeat 10 times then repeat with the other leg raised.



MAKE IT MULTI-SENSORY

- Can you do a snake hiss each time you lift your leg to strike?



FINE MOTOR SKILLS

While doing the Snake Strike, use your hands to:

- Roll a piece of Blu Tack or playdough between your thumb and fingers. Roll it into a ball (like a snake egg) by rolling it around in a circle. Then change it into a long snake shape by rolling it back and forth.
- Play an imaginary piano on the floor. Place each finger down on the floor one at a time starting at your thumb and moving to your little finger and then lift them back up one at a time. Then repeat in reverse (starting at your little finger).



FUN FACTS

- Snakes swallow their food whole
- Snakes have flexible jaws, so they can eat prey that are up to twice their size!



FUN AND GAMES

Join the dots in order from 1 to 25

