

Soar

5m 21s

This session is categorised as: Learning (science), Balance, Pelvic Stability, Intermediate, Standing Session, Small Space.



“Join us on a journey into the world of eagles. We will discover fun facts about eagles whilst participating in strength exercises, fine motor activities and relaxing stretches. This session is best suited for students P-4.”

Movement	Seated modifications	Other modifications	Progressions	Watch points
Pterodactyl Take-off	Sit with your arms out straight and lean over towards one side. If possible, slide the leg you're leaning towards out wide to the side.		While doing Pterodactyl Take-off... - Lift the heel of your bent leg off the floor, or - Move your back arm down along your straight leg and reach your front arm up towards the ceiling. Arch your body over towards your straight leg, looking up towards your hand.	* The foot on your bent knee facing to the side and the foot on your straight leg facing forward. * The knee of your bent leg above your ankle * Shoulders down and back * Chest upright * Arms straight out to the sides



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Swan Glide	Do the Swan Glide in an upright seated position, or leaning forwards from your waist.	Do the Swan Glide with... - Your feet hip-width apart on the floor - Your body more upright	In the swan position, hold your wings up for as long as you can	* Back straight * Tummy muscles switched on * Shoulders down and relaxed
Jungle Jog	Do seated jogging with your arms, and legs if possible too	Slow down to walking pace	Speed it up	* Chest upright & back straight * Squeezing tummy muscles
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.



Movement	Seated modifications	Other modifications	Progressions	Watch points
Crayfish Claws	Do Crayfish Claws in your chair	* Do Crayfish Claws more slowly * Do Crayfish Claws without your other fingers curled in a ball * Do Crayfish Claws with one hand at a time	* Hide a tiny toy in your other fingers while you do Crayfish Claws * Do Crayfish Claws popping bubble wrap between your thumb and pointer finger	* Only pointer finger and thumb moving * The other three fingers curled into a ball
Eagle Twist	Just do the upper body part of the Eagle Twist	* Raise your left arm out in front of you. Use your right forearm to gently pull your left arm across your body and towards your chest. Hold for 5 deep breaths, then switch sides. * Do the Eagle Twist standing on two feet (instead of lifting one foot).	Try the Eagle Twist with your: - Eyes closed, to challenge your balance, or - Foot lifted higher off the floor and twisted around the opposite leg	* Standing tall (chest upright) * Shoulders down and neck relaxed * Focusing on something still (at eye height in front of you) * Breathing deeply