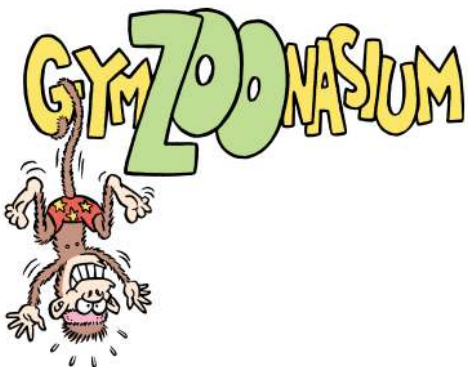




STRENGTH SAFARI

5m 20s



A 5-minute African safari of Bilateral Coordination movements, to enhance students' focus!

Join us on a strength safari, to find different ways that animals show strength.

* This session requires extra space, and includes a combination of standing and floor exercises.

Movement	Seated modifications	Other modifications	Progressions	Watch points
Star Jump Safari	Curl into a ball, then jump your arms (and legs too if possible) into a star	Step your feet out to make a star, rather than jumping them out. Move your arms out and back in with your legs.	Speed it up	* Moving arms and feet out/in at the same time * Chest upright & back straight * Squeezing tummy muscles * Shoulders pulled down and back * For the 'scissor jumps' make sure the opposite arm and leg are forward
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
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
Leopard Stretch	Sit with a sturdy desk in front of you. Lean forward from your waist, reaching your hands as far forward on the desk as your can.		While doing the Leopard Stretch, place your left hand on top of the right to feel a stronger stretch. Hold for 5 deep breaths then switch hands.	* Hips up in the air. If your hips are lower, slide your hands further forward to lift your hips up.
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