



SWAN GLIDE

*With wings outstretched
swan puts on the break.
There's barely a splash
as she lands on the lake.*

PURPOSE

- Improves shoulder strength and posture

INSTRUCTIONS

1. Start standing, with knees slightly bent
2. Bend forwards, keeping your back straight
3. Lift one foot and touch your toes gently on top of your other foot
4. Stretch your arms out to each side like a swan's wings
5. Squeeze your shoulder blades together to lift your wings, then lower them back down
6. Repeat 5-10 times, then switch legs

WATCH FOR

- Back straight
- Tummy muscles switched on
- Shoulders down and relaxed

MODIFICATIONS

Do the Swan Glide with...

- Your feet hip-width apart on the floor
- Your body more upright
- Seated: Do the Swan Glide in an upright seated position, or leaning forwards from your waist.



MORE CHALLENGING

In the Swan Glide position, hold your wings up for as long as you can.



MAKE IT MULTI-SENSORY

- Ask a parent, teacher or friend to place a finger or pencil in line with your spine, between your shoulder blades. When you lift your arms, concentrate on squeezing the finger or pencil between your shoulder blades.
- Imagine flying like a graceful swan over a crystal clear lake. Smile at your beautiful reflection on the lake.

FUN AND GAMES

Start at the arrow. Find your way through the maze to the star. Then colour me in.

