



TAKE FIVE

3m 42s

Swim, Glide, Waddle, Stretch, Hang...
Let's 'take 5' to move our bodies, so we'll be ready to focus.



Movement	Seated modifications	Other modifications	Progressions	Watch points
Turtle Swim	Do the turtle arms up in the air. Reach your arms up high. As you swim your arms down, squeeze your shoulder blades together to help keep your hands back as far as possible.	Keep both feet on the floor and just do Turtle Swim arms. Squeeze your shoulder blades together, to pull your shoulders back and down. Hold each squeeze for as long as you can. Keep breathing deeply.	Try the Turtle Swim with your eyes closed (to challenge your balance).	* Back straight * Squeezing shoulder blades down and back * Keeping arms lifted as high as possible * Slow, controlled arm movement * Good balance (body and legs staying still)
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



Movement	Seated modifications	Other modifications	Progressions	Watch points
Penguin Waddle	Lift the toes of one foot or both feet together. Hold for as long as you can. Squeeze a cushion or ball between your knees.	Lift the toes of one foot at a time. Hold for as long as you can, then switch feet.	* Try closing your eyes while doing the Penguin Waddle. * Place a ball or cushion between your knees and squeeze your knees together to hold it. Walk slowly around the room on your heels (without dropping the ball).	* Standing tall and straight * Squeezing tummy muscles and buttocks to help you balance * Eyes focused on something still to help you balance
Emu Explore	Wriggle forward in your chair. Lean forward with a straight back. Move one foot forward and do the Emu Explore in your chair.		Standing beside a wall or step: 1. Place your front foot upright against the wall or step 2. Straighten your front leg 3. Lean forwards to feel a stretch in your lower leg 4. Bend your front knee to feel the stretch lower down near your ankle	* Back knee bent
Bat Hang	Stretch your body out (towards the ceiling) and then bend over to touch your toes.		* In the Bat Hang position, hold your ankles and gently pull your body closer to your legs. * Start standing, with your left foot crossed over the right. Do the Bat Hang with your legs crossed like this.	* Knees straight