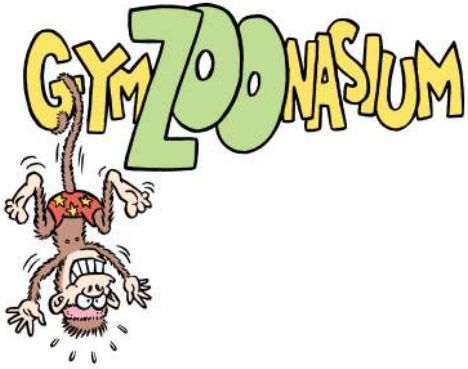




THE DINGO FENCE

4m 49s



Join us on a journey to discover the impacts of building the longest border fence in the world, known as The Dingo Fence.

This session is categorised as: Quick Brain Break, Emotional Regulation, Lower Limb, Small Space, Beginner

Movement	Seated modifications	Other modifications	Progressions	Watch points
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
Downward Dog	Bend your body forward over your legs. Reach your arms out in front of you.		Do Downward Dog with your legs straight and feet flat on the floor.	* Knees as straight as possible * Head and neck relaxed, looking towards your feet



Movement	Seated modifications	Other modifications	Progressions	Watch points
Kangaroo Jump	Do a jumping motion with your arms (and legs if you can), like you're propelling your body to jump up high in the air.	* Walk around the room, and stop quickly when your teacher or parent says "stop". * Sit still on an exercise ball, focusing on your balance.	Jump higher (making sure to land softly with bent knees).	* Feet hip-width apart * Bent knees at take off and landing (to help absorb impact) * Using your arms to help you jump higher
Koala Balance	Sit in a sturdy chair (with the chair back against the wall to be extra safe). Wiggle forward in your chair and raise your arms straight up beside your ears. Scoop your tummy in and lean slightly back to engage your tummy muscles (without touching the back of the chair). Lift one foot off the floor also if possible.	Do the Koala Balance with: - Your feet closer to the floor, or - Only one foot lifted	* Try the Koala Balance with straight legs. * While holding the Koala Balance, slowly reach your left hand to touch your right foot, then reach your right hand to your left foot. How many touches can you do?	* Tummy scooped in (tummy muscles squeezed) * Shoulders relaxed and arms crossed on chest * If your lower back hurts, rest then try again (focusing on squeezing your tummy)
Bilby Ears	Do Bilby Ears in your chair	Do Bilby Ears with your hands in front of you, so you can watch your fingers moving	While doing Bilby Ears, try holding something tiny (like a small piece of lego) in your hand with the other curled up fingers	* Thumb, pinkie and ring finger staying curled up in a fist