

The Spiders Web

5m 30s

This session is categorised as: Learning (Science), Fine Motor Skills, Flexibility, Small Space.



“This session is a great all-round session that incorporates fine motor seated exercises, high energy movement, coordination and relaxing stretches. The Spiders Web is best geared towards a prep to year 3 audience. ”

Movement	Seated modifications	Other modifications	Progressions	Watch points
Spider Spin	Do Spider Spin seated	Stick your thumbs together and your pinkies together. Rotate both hands towards you, until your fingers are pointing up. Rotate your hands away from you until your fingers are pointing down. Keep repeating.	* Try Spider Spin with your eyes closed * Try doing Spider Spin behind your back	* At least one thumb and pinkie touching at any given time * Hands rotating in opposite directions



Movement	Seated modifications	Other modifications	Progressions	Watch points
Mozzie Clap	Clap your hands just above one knee and then click your fingers up near your shoulders. Then clap above the other knee. (If you can lift your leg, try clapping under your knee instead).	Do Mozzie Clap without clicking your fingers. Just clap your hands under your knee and lift your hands up between claps.	* Instead of just lifting your leg, 'hop' your leg up. * Try doing Mozzie Clap faster. This will challenge your fitness and coordination!	* Torso (body) staying tall and straight throughout
Brachiosaurus Reach	Sit very tall. Reach your arms above your head and arch your back to look up towards your hands. Tuck your bottom under (tail between your legs).		While doing the Brachiosaurus Reach... - Lift your front heel off the floor, to challenge your balance, or - Gently lean your arms and upper body over to the side of your front leg	* Feet hip-width apart, rather than straight in front of each other * Knee of your bent leg above your ankle * Back leg long and straight
Butterfly Bliss	Lift one leg, putting your foot on your opposite thigh. Use your forearm to gently push your knee down.		While doing Butterfly Bliss lean forwards (keeping your back straight)	* Back straight (sitting up tall) * Shoulders down and relaxed
Spider Stretch	Do Spider Stretch in your chair	Do Spider Stretch with something smaller than your fist (try an eraser or pencil sharpener)	* Do Spider Stretch using various sized balls or soft toys as the 'prey' * Hold the Spider Stretch position for as long as you can	* 'Spider hand' arched high and wide (so it doesn't touch the fist)