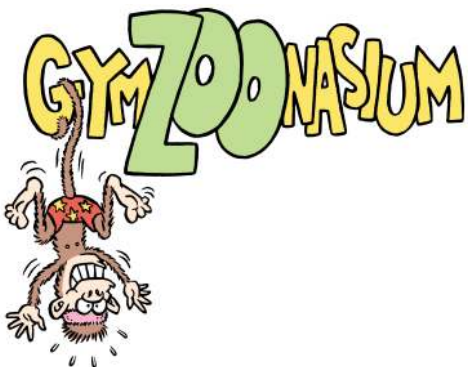




TORRES STRAIT TRIO

2m 35s

Let's take a quick break to learn the movements of three animals that live in Australia's Torres Strait Islands.



Movement	Seated modifications	Other modifications	Progressions	Watch points
Gecko Creep	Climb up an imaginary ladder with your arms (and your legs too if possible).	Start in a standing push-up position (with your hands against a wall). Lift your knee up towards your elbow and back down, then swap sides. Start in a push-up (on your hands and toes). Keep your body still, while you step one foot forward then back.	Try balancing a soft toy or pencil case on your back while doing the Gecko Creep. Try not to let it fall!	* A straight line from shoulders to heels (rather than hips lifting up or sagging) * Moving your hand and opposite foot at the same time * Small, slow, controlled steps * Tummy muscles squeezed



Movement	Seated modifications	Other modifications	Progressions	Watch points
Dolphin Arch	Reach your arms up over your head. Lift your chest up towards the sky and hold for as long as you can.	Do the Dolphin Arch by lifting just the upper body by itself, and then just the lower body.	Try the 'Superman' dolphin - Stretch your arms straight out in front of you and lift them off the floor when you lift your chest.	* Legs straight * Chest and legs lifting off the floor at the same time * Neck relaxed, and shoulders pulled down and back
Crocodile Roll	Reach your hands up into the air. Twist your upper body (i.e. from your waist up) around to the left and then to the right.	Lie on your back with your legs flat on the floor. Put your arms on the floor out to the sides. Squeeze your tummy muscles and roll your hips and legs over onto the left side and then onto the right. Keep your upper body flat on the floor.	Try the Crocodile Roll with your eyes closed	* Body strong and straight throughout the movement * Squeezing feet together to switch on buttock muscles * Tummy muscles squeezed