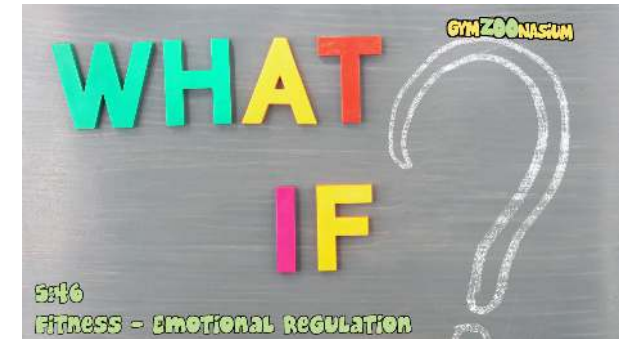




WHAT IF?

5m 46s



In this session we ponder some great questions while doing a fun workout! What if I payed attention to detail? What if I could focus on the future? What if I tried my hardest? What if I really looked after my health? What if...?

This session is categorised as: Fitness, Strength, Emotional Regulation, Small Space

Movement	Seated modifications	Other modifications	Progressions	Watch points
Monkey Twist	Move like the Monkey Twist in your chair	Do Monkey Twist with just your legs, and then with just your arms	Speed it up	* Upper body twisting in the opposite direction to lower body * Tummy muscles squeezed
Seagull Hop	Hop' or lift one foot off the floor. Use your arms to propel the 'hop' or to lift your thigh up off your seat	Do smaller hops. Build up the height of your hops as your strength and balance improve.	Hop in different directions. Try forwards and back, and side to side.	* Soft, quiet landings (bending ankles, knees and hips) * Support leg bends on landing, then straightens to push off * Lands and pushes off on the ball of the foot * Head and trunk stable, with eyes looking forward * Arms swinging forward as the support leg pushes off (to help propel your body up into the air) * Non-support leg bent and swings in rhythm with the support leg * Maintaining balance for consecutive hops * Hips staying level



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
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
Dung Beetle Roll	Do Dung Beetle Roll seated	Do Caterpillar Kisses instead	Do Dung Beetle Roll with both hands at the same time, but in the opposite direction (while your right thumb is rolling with the right pointer finger, roll your left thumb with the left pinkie).	* Finger rolling in a well-controlled circle