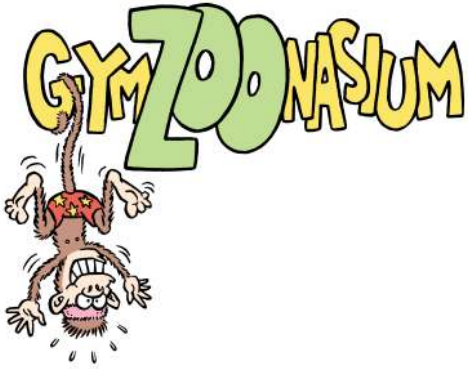




WHAT'S FOR LUNCH?



4m 30s

Let's create a very unique lunchbox, by exploring foods that different animals might be having for lunch today.

Movement	Seated modifications	Other modifications	Progressions	Watch points
Clam Close	Do Clam Close in your chair	Do Clam Close with your fingers together instead of apart	Try Clam Close with a stretchy scrunchie around your knuckles	Try Clam Close in the bath, opening and closing your 'shell' underwater like a clam!
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
Clam Close	Do Clam Close in your chair	Do Clam Close with your fingers together instead of apart	Try Clam Close with a stretchy scrunchie around your knuckles	Try Clam Close in the bath, opening and closing your 'shell' underwater like a clam!



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
Clam Close	Do Clam Close in your chair	Do Clam Close with your fingers together instead of apart	Try Clam Close with a stretchy scrunchie around your knuckles	Try Clam Close in the bath, opening and closing your 'shell' underwater like a clam!
Chimpanzee Swing	<u>Seated:</u> Make sure it's a sturdy chair. Place your hands on the sides of your chair, halfway between the front and back of the chair (so the chair will stay still and balanced when you lift your bottom). Push down through your hands to lift your bottom off the chair (and feet off the floor also if you can). <u>Wheelchair:</u> Make sure the wheelchair brake is on and you position your hands on the middle of your armrests. Push down through your hands to lift your bottom off the chair.		Hold one foot up off the floor while doing the Chimpanzee Swing.	* Shoulders down and back * Chest upright * Tummy muscles squeezed



Movement	Seated modifications	Other modifications	Progressions	Watch points
Clam Close	Do Clam Close in your chair	Do Clam Close with your fingers together instead of apart	Try Clam Close with a stretchy scrunchie around your knuckles	Try Clam Close in the bath, opening and closing your 'shell' underwater like a clam!
Echidna Curl	Squeeze your tummy muscles. Curl one shoulder down towards your opposite knee. Sit back up, then curl the other shoulder down.	Do the Echidna Curl keeping your feet on the floor and only lifting your head/shoulders off the floor.	Lift both shoulders and both feet off the floor together, to curl your whole body into a ball	* Using tummy muscles to curl up. NOT pulling your head up with your hands. * Elbows wide apart * Neck relaxed and eyes looking up at the roof * Shoulder blade lifting off the floor when you curl up * Lifting your knees way up towards to your head