



YET

4m 21s



Unleash the 'Power of Yet', while moving in ways that enhance students' focus, brain function and emotional regulation.

Movement	Seated modifications	Other modifications	Progressions	Watch points
Star Jump Safari	Curl into a ball, then jump your arms (and legs too if possible) into a star	Step your feet out to make a star, rather than jumping them out. Move your arms out and back in with your legs.	Speed it up	* Moving arms and feet out/in at the same time * Chest upright & back straight * Squeezing tummy muscles * Shoulders pulled down and back * For the 'scissor jumps' make sure the opposite arm and leg are forward
Jungle Jog	Do seated jogging with your arms, and legs if possible too	Slow down to walking pace	Speed it up	* Chest upright & back straight * Squeezing tummy muscles



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.	Try the Kangaroo Balance on one leg (i.e. hopping on one leg, making sure to land softly with bent knees). Do 5-10 hops on one leg, then switch legs.	* Feet hip-width apart * Bent knees at take off and landing (to help absorb impact) * Using your arms to help you jump higher
Lizard Push-up	Do Lizard Push-ups with your hands on your knees (or against a parent's hands, with them pushing gently against your hands).	Do Lizard Push-ups... - Kneeling on all fours like a cat (i.e. keeping your bottom up rather than down), or - Standing, with your hands against a wall	* Try Lizard Push-ups with your hands on a pillow. * Try full push-ups (with your toes on the floor instead of your knees). Push your body up together like a solid plank of wood, rather than a wiggly worm.	* Body straight (from shoulders to knees), keeping tummy muscles squeezed * Body all lifting together as one (rather than shoulders lifting first like a wiggly worm). Bend and straighten the elbows to achieve the movement
Orangutan Stretch	Reach your left arm up above you and lean your upper body over to the right. Push your left hip down and away from your left arm if you can. Hold for 5 deep breaths and switch sides.	Stand with feet hip-width apart on the floor and do the upper body part of the Orangutan Stretch.		* Hips, shoulders and arm facing straight ahead (not leaning forwards) * Bottom hand pushing into your leg