

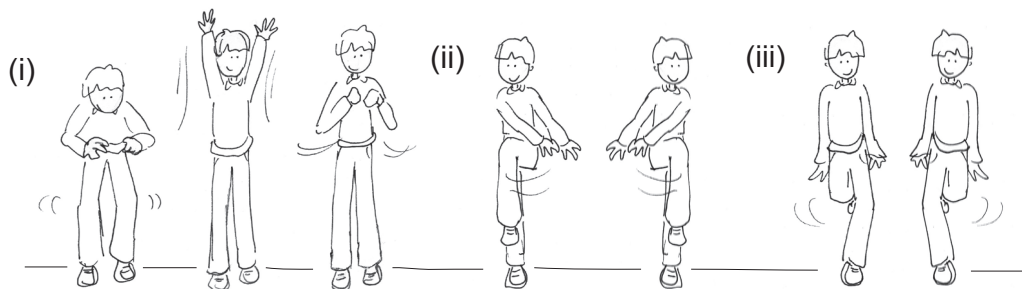
Activity 14

(14B) Aerobics – “Across and behind”

(CD Track # 21 “Aerobics”)

- (i) Feet together, bend knees and straighten without raising heels (2 beats). Hold hands at chest height close to your body then as you bend knees shoot both arms up **high** and bring arms back to chest as you straighten knees. Keep this rhythm until the music changes (12 bounces!).
- (ii) Raise right knee across the body at waist height. Twist to stretch left arm across and clap your hand on the **outside** of the right hip. (Feel the twist!) Perform on the other side and repeat until the music changes. Look at hands.
(NB. To help encourage the twist, hold both hands out in front of you with palms down and elbows bent, so it is easier to swing in either direction to make contact with the outside of the hip.)
- (iii) Jog on the spot, with feet **behind** the body, touch right heel with right hand and left heel with left hand until the music changes again. Look straight ahead.
Perform (i), (ii) and (iii) in order, then respond to the music with the appropriate action.

(This is an aerobic activity that stimulates both sides of the brain, and helps develop a healthy heart and lungs. It encourages concentration and sequential thinking)



Extension (i) In section (i) bend knees and straighten them to **raise one foot from the ground and lean** as you shoot both arms up high (can you turn?). Look straight ahead as you bend knees, look at ceiling as you stretch up.

