

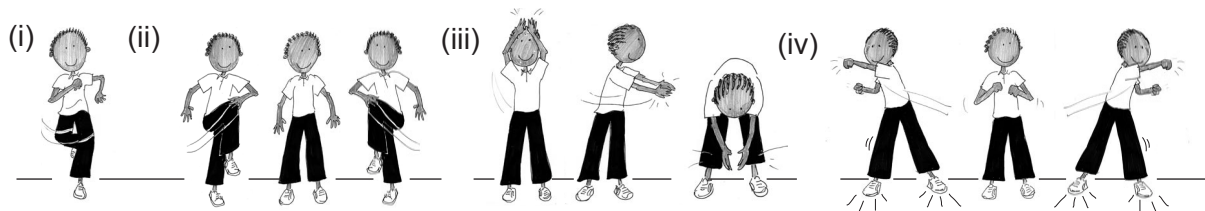
# Activity 10

## (10A) Run and Reach - "Lunge"

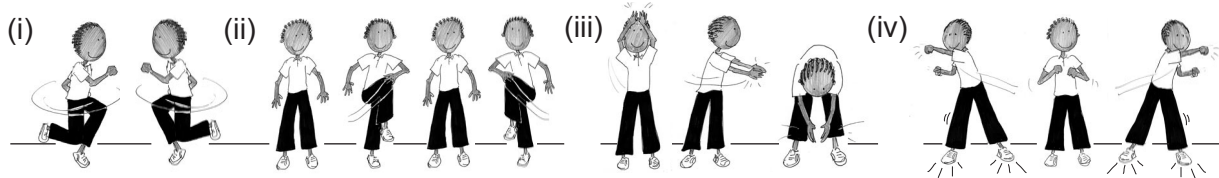
(CD Track 17 "Hold Tight")

- (i) Jog on the spot for 4 x 8 beats
- (ii) Touch raised **knee** with opposite **hand** (*crossing the mid-line of the body*) and return foot to the floor. Perform this action on **alternate** sides for 4 x 8 beats.
- (iii) Reach up and clap **high** to **right** then **low** to the **left** on alternate beats then the same in **opposite directions** for a total of 4 x 8 beats.
- (iv) Feet astride, **twist and bounce** to punch right arm across the body at shoulder height then pull arm sharply back (*2 beats*). Repeat to the other side (*2 beats*). Repeat to alternate sides for 4 x 8 beats. **Head up.** Look to the front as you lunge.

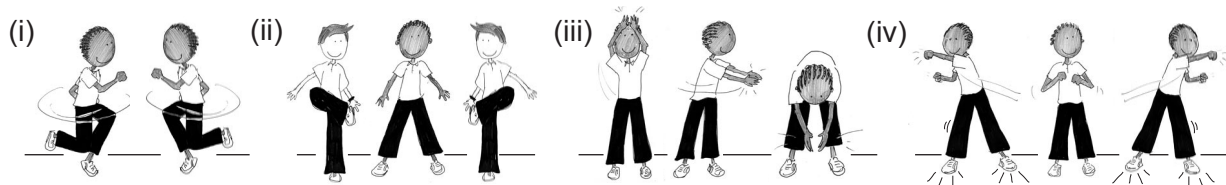
(This activity helps with large motor control, flexibility and co-ordination and stimulates both sides of the brain.)



**Extension (i)** In section (i) jog and **turn** in one direction for 8 beats then in the other direction for 8 beats. Repeat for a total of 4 x 8 beats.



**Extension (ii)** In section (i) jog and turn 8 beats in each direction for 4 x 8 beats. In section (ii) start with legs astride raise the **foot** across front of the body and touch with the opposite **hand** (*2 beats*). (*Keep the head up - look forwards.*) Perform this to **alternate sides** for a total of 4 x 8 beats.



**Extension (iii)** In section (iii) clap in a **random pattern high and low** to both **sides** of the body on **alternate** beats for a total of 4 x 8 beats.

