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Val Sabin initially trained as a Physical Education Specialist at Bedford College and has worked with children of all ages, students and teachers for over 35 years on all aspects of Physical Education. Val is internationally known for the quality of her teaching and her ability to enthuse. Many children taught by Val have succeeded in team and individual competition at local, regional and national levels. Val Sabin was a teacher, a Head of Department, and Advisory Teacher in Northamptonshire, a Senior Lecturer in Physical Education at De Montfort University in Bedford, is the author of over 20 teaching manuals and has been an OFSTED Inspector for both Secondary and Primary phases. Currently her main work is as Consultant, Advisor and Trainer delivering gymnastics, games, dance, Positive Play, PE Administration, Activate and Action Kids Foundation Stage physical development with fun courses for teachers and teacher trainers throughout the UK.



LEVELS OF PROGRESSION

The programmes have been designed to follow three levels of progression, so practitioners can choose the speed of progression appropriate for their own class or follow those suggested in the manual.

The levels of progression are:-



Frogs – repetition and slow progression



Rabbits – repetition and steady progression



Kangaroos – repetition and fast progression



LEVEL 1 – “FROGS” - REPETITION / SLOW PROGRESSION

The emphasis of the “**Frogs**” is to repeat, familiarise and enjoy the activities, plus:-

- introduce **one new activity** and **two extensions** every two weeks
- introduce **warm-up** and **afternoon extensions** every 2 weeks and **one new warm-up** and **afternoon activity** every four weeks

The “**Frogs**” programme is suitable for playgroups, in Activate 5 or groups of slower or special needs children in Activate 7, 9 and 11.

LEVEL 2 – “RABBITS” – REPETITION / STEADY PROGRESSION

The emphasis of the “**Rabbits**” is to repeat, familiarise and enjoy the activities, plus:-

- introduce **one new activity, one progression and two extensions** every two weeks,
- introduce **warm-up** and **afternoon extensions** every 2 weeks and **one new warm-up** and **afternoon activity** every four weeks

The “**Rabbits**” programme is suitable for
4 year old children (*Nursery*) in Activate 5
6 year old children (*Yr 1*) in Activate 7
8 year old children (*Yr 3*) in Activate 9
10 year old children (*Yr 5*) in Activate 11
12 years old children (*Yr 7*) in Activate 13



WEEKS 5 & 6

START-OF-MORNING

ACTIVATE 9

IN THE CLASSROOM

(CD Track 23 "Interdependence" or CD Track 24 "Heartbeat")

WARM-UPS

(W1) "Stand & Curl" Extension (ii)

(CD Track # 1 "Stand & Curl")

- (i) Place hands on abdomen. Raise shoulders and chest to inhale deeply for 2 beats of the music (*look straight ahead*) and exhale for 2 beats (*look at ceiling*). Repeat this 3 more times.
- (ii) Place hands on thighs and **exhale** (*look straight ahead*), slightly bending knees and lean forward, always maintaining head in line with neck (*always try to keep head above heart*).
- To **inhale** push upwards raising arms above the head, open the chest and slowly lower the arms to the sides of the body (*look at the ceiling*).
- Repeat the complete exercise to the end of the music.

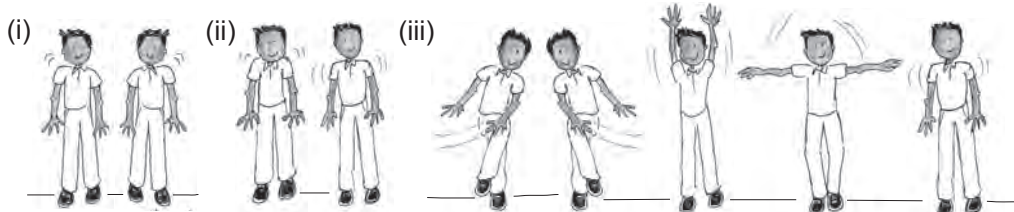
(These movements help children to breathe deeply and evenly. Opening the arms high and wide helps the lungs to expand and heighten energy levels. It mobilises shoulder joints and improves posture.)



(W4) "Raising Shoulders" (CD Track # 4 "Raising Shoulders")

- (i) Raise shoulders one at a time to the fast beat of the music 8 times.
- (ii) Raise and lower both shoulders together (x4) to 8 beats of the music.
- (iii) With the **right hand** reach across the mid-line of the body to touch the raised **left knee**, then with the left hand touch the raised right knee. Repeat for 16 beats.
- Repeat the series of movements twice more.
- (iv) At the end of the music draw arms up high above the head and lower arms out wide to the side of the body whilst softening the knees, finish with shoulders slightly tilted back and head in line with the neck.

(This activity helps the respiratory and circulatory systems and improves posture, balance and flexibility of muscles and joints)



(3A) FINGER TAP - “Out in front” Extension (ii)

(CD Track # 10 “Finger Tap”)

Finger link and thumb rotation. Inter-lock fingers. Rotate thumbs around one another.

Hand and wrist rotation. Bend elbows rotate the wrists around one another.

Finger action. Start with thumb to little finger. Touch thumb to each finger in turn. (Count 1,2,3,4 as you do it). Then reverse, starting (Counting 5,6,7,8 as you do it).

- (i) Finger link and thumb rotation **away** from body (x 8) and **towards** body (x 8)
- (ii) Hand and wrist rotation **away** from the body (x 8) and **towards** the body (x 8)
- (iii) Stand with hands extended in front of you. **Perform all finger action with eyes closed**, counting 1 to 8 (x 2), with the **right** hand, then with the **left** hand 1 to 8 (x 2)
- (iv) Repeat finger action (counting 1 to 8) with **both hands** at the same time (x 2).
- Repeat the complete cycle above until the end of the music.

(This activity encourages flexibility and strength in fingers and wrists and helps to improve manipulative skills and handwriting)



(4A) BALANCE - “Individual Balance” Extension (i)

(CD Track # 11 “Balance”)

Kite balance. Weight on one foot in a star position.

Skydive balance. one foot raised **behind** and arms stretched out to the sides.

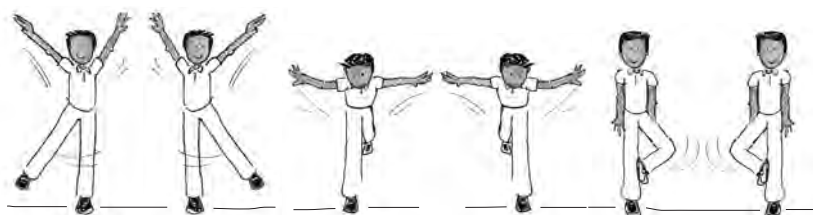
Tree balance. Balance with sole of one foot on inside of the support leg. Arms down.

N.B. On all balances ensure that core strength comes from the abdominal muscles.

Perform slowly and with control – **with eyes open, move into the balance, then close eyes to maintain the balance. Hold the balance then move on**

- (i) Raise the **right** leg into the Kite balance and lower, then repeat with the **left** leg.
- (ii) Raise the **right** leg into the Skydive balance and lower, then repeat with the **left** leg.
- (iii) Raise the **right** leg into the Tree balance and lower, then repeat with the **left** leg.

(These balance activities help children improve posture, balance, co-ordination, flexibility of muscles and joints and awareness of their bodies. Take time to teach the balances when first starting this activity)



WEEKS 5 & 6

START-OF-MORNING (CONT.)

9

(5A) CIRCUIT PATTERNS - "Marching"

(CD Track # 12 "Circuit Patterns")

- Dance on the spot to the introduction of the music.
- (i) Raise arms and bend elbows outwards so fists are in front of the head. Rotate hands and forearms around one another moving **away** from the body (x 8 beats)
- Repeat the rotation stretched out to the **right** at waist height, in **front of the body** at knee height, and then finally stretched out to the **left** at waist height.
- (ii) March on the spot with high knees and **arms swinging strongly across the body**.
 - Facing forwards (x 8 beats) - Facing to the left (x 8 beats)
 - Facing to the back (x 8 beats) - Facing to the right (x 8 beats)
- Repeat to the end of the music.

(This activity is an energiser and fun to do! It helps children become more physically alert. It improves oxygen uptake and can be used to help children remain attentive)



START-OF-AFTERNOON

(CD Track 25
"South American Sounds")

(W1) "Stand & Curl" Extension (ii)

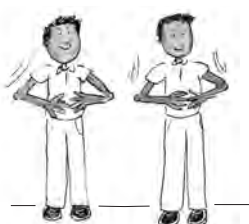
(CD Track # 1 "Stand & Curl")

- (i) Place hands on abdomen. Raise shoulders and chest to inhale deeply for 2 beats of the music (*look straight ahead*) and exhale for 2 beats (*look at ceiling*.) Repeat this 3 more times.
- (ii) Place hands on thighs and **exhale** (*look straight ahead*), slightly bending knees and lean forward, always maintaining head in line with neck (*always try to keep head above heart*).
- To **inhale** push upwards raising arms above the head, open the chest and slowly lower the arms to the sides of the body (*look at the ceiling*.)
- Repeat the complete exercise to the end of the music.

(These movements help children to breathe deeply and evenly. Opening the arms high and wide helps the lungs to expand and heighten energy levels. It mobilises shoulder joints and improves posture.)



"Activate 9"



-F13-

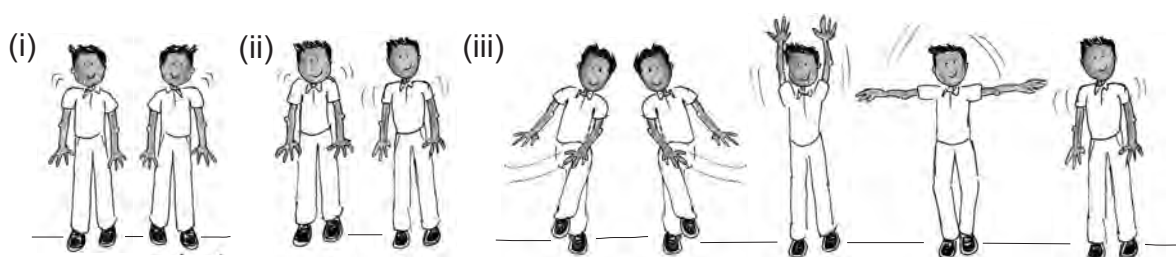
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(W4) “Raising Shoulders” (CD Track # 4 “Raising Shoulders”)

- (i) Raise shoulders one at a time to the fast beat of the music 8 times.
- (ii) Raise and lower both shoulders together (x4) to 8 beats of the music.
- (iii) With the **right hand** reach across the mid-line of the body to touch the raised **left knee**, then with the left hand touch the raised right knee. Repeat for 16 beats.
- Repeat the series of movements twice more.
- (iv) At the end of the music draw arms up high above the head and lower arms out wide to the side of the body whilst softening the knees, finish with shoulders slightly tilted back and head in line with the neck.

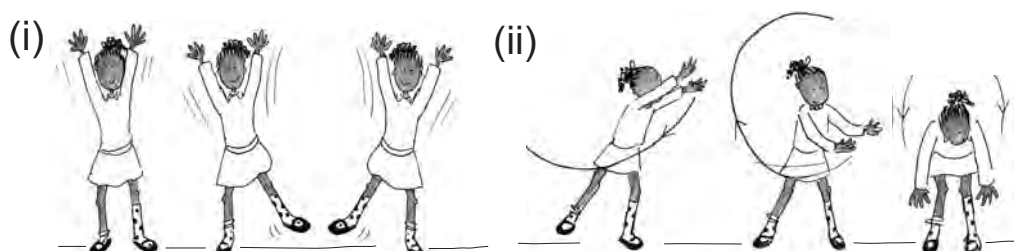
(This activity helps the respiratory and circulatory systems and improves posture, balance and flexibility of muscles and joints)



(W5) “Rock & rotate” (CD Track # 5 “Rock & Rotate”)

- (i) Raise arms above head with feet shoulder width apart. Rock to one side and raise the other foot off the ground. Perform this rocking action 3 times from 1 one side to the other.
- (ii) On the 4th rock sweep arms over and round in a large circle in front of the body bending knees to sweep the floor with finger tips at the lowest point
- Move straight into the 1st rock of the sequence and repeat the exercise through to the end of the music. Look straight ahead throughout.

(This activity improves balance and lateral co-ordination and helps respiratory and circulatory systems)



WEEKS 12 & 13

START-OF-MORNING

ACTIVATE 9

(CD Track 23 "Interdependence" or CD Track 24 "Heartbeat")

IN THE CLASSROOM

WARM-UPS

(W1) "Stand & Curl" Extension (iv)

(CD Track # 1 "Stand & Curl")

- (i) Hold hands out in front of you, shoulder width apart, with thumbs raised. Breathe in / out for one breath looking at one thumb then repeat looking at the other thumb. *(Keep your head still-make your eyes move.)*
- (ii) Place hands on thighs and **exhale**, slightly bending knees and lean forward, always maintaining head in line with neck *(always try to keep head above heart)*. As you **exhale** look alternately to the left/right.
- To **inhale** push upwards raising arms above the head, open the chest and slowly lower the arms to the sides of the body.
- Repeat the complete exercise to the end of the music.

(These movements help children to breathe deeply and evenly. Opening the arms high and wide helps the lungs to expand and heighten energy levels. It mobilises shoulder joints and improves posture.)

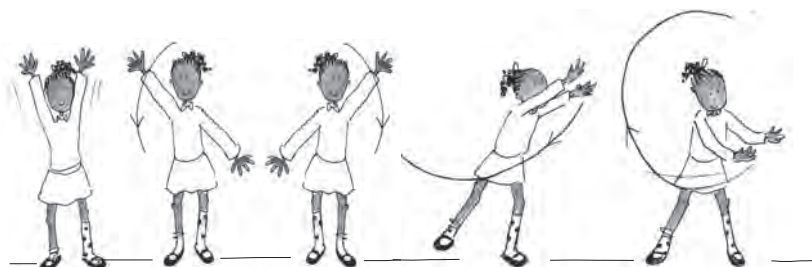


(W5) "Rock & rotate" Extension (ii)

(CD Track # 5 "Rock & Rotate")

- (i) **Raise one arm above head with feet shoulder width apart.** Rock to one side and raise the other foot off the ground. Perform this rocking action 3 times from one side to the other.
- (ii) **On the 4th rock sweep both arms over and round in a large circle in front of the body** bending knees to sweep the floor with finger tips at the lowest point
- Move straight into the first rock of the sequence **with the other arm raised** and repeat the exercise through to the end of the music. Look straight ahead throughout and rock with alternate arms raised.

(This activity improves balance and lateral co-ordination and helps respiratory and circulatory systems)



WEEKS 12 & 13

START-OF-MORNING (CONT.)

ACTIVITIES

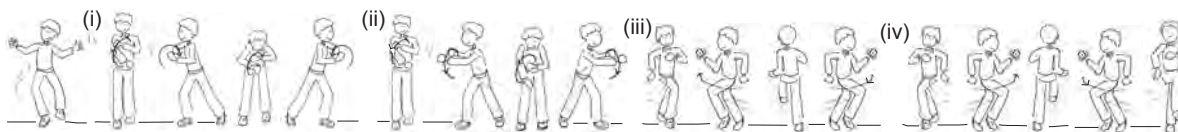


(5B) CIRCUIT PATTERNS - "Jogging both ways"

(CD Track # 12 "Circuit Patterns")

- Dance on the spot to the introduction of the music.
- (i) Raise arms and bend elbows outwards so fists are in front of the head. Rotate hands and forearms around one another moving **away** from the body (x 4 beats).
- Repeat the rotation stretched out to the right at waist height, in front of the body at knee height, and then finally stretched out to the left at waist height.
- (ii) Repeat the rotating pattern but move around in the **opposite** direction.
- (iii) Jog turning **clockwise** with high knees and arms swinging strongly across body.
 - Facing forwards (x 4 beats) - Facing to the right (x 4 beats)
 - Facing to the back (x 4 beats) - Facing to the left (x 4 beats)
- (iv) Jog turning **anti-clockwise** with high knees and strongly swinging arms.
 - Facing forwards (x 4 beats) - Facing to the left (x 4 beats)
 - Facing to the back (x 4 beats) - Facing to the right (x 4 beats)
- Repeat the complete cycle to the end of the music.

(This activity is an energiser and fun to do! It helps children become more physically alert. It improves oxygen uptake and can be used to help children remain attentive)



(6A) PLEASED TO SEE YOU - "Clap in front" Extension (ii)

(CD Track # 13 "Pleased to see you")

- (i) Face a partner. **Bounce and turn for 8 beats then bounce and turn in opposite direction for 8 beats. Look at the ceiling and punch the air above you with alternate hands.**
- (ii) Clap raised knee with opposite hand (*crossing the mid-line of the body*). Perform this action on alternate sides 8 times (*using 16 beats*).
- (iii) Clap own thighs twice to the beat, then clap partner's hands in front of you twice to the beat. Perform this action 4 times through (*16 beats*).
- Repeat the complete series of movements to the end of the music.

(This activity helps with large motor control and stimulates both sides of the brain. It encourages children to observe and mentally rehearse these movements. It develops social skills)



WEEKS 12 & 13

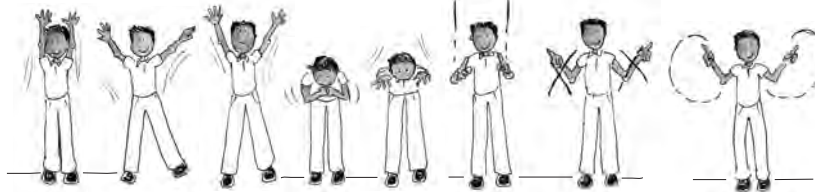
START-OF-MORNING (CONT.)



(7A) SHAPES - "Shapes & double draw" Extension (i) (CD Track # 14 "Shapes")

- (i) **Stand tall with arms and hands stretched high above head. (2 beats)**
Look at ceiling
Move one foot out to the side and stretch arms high and wide to make an 'X' (2 beats) Look at ceiling. Repeat the two moves for a total of 2 x 8 beats. (*Stretch out to alternate sides in the 'X' shape*).
- (ii) Pull hands in sharply to your middle and curl body (2 beats), then **stretch hands & arms forwards as far as possible (2 beats)** **Look at floor.** Repeat the two moves for a total of 2 x 8 beats.
Repeat the complete sequence (i) and (ii) 4 x 8 beats once more.
- (iii) Put both hands out in front of you and draw in the air with both hands. Draw the same shapes at the same time with both hands. Draw them large and use your body – (*straight lines, crosses in the air, circles etc*). Keep drawing slowly in your own time until the music changes.
- Repeat the stretching movements to the end of the music.

(This activity improves posture, balance, flexibility of muscles and joints and helps children perfect controlled movements. Hand/eye co-ordination is improved)



START-OF-AFTERNOON

(CD Track 25
"South American Sounds")

(W1) "Stand & Curl" Extension (iv) (CD Track # 1 "Stand & Curl")

- (i) **Hold hands out in front of you, shoulder width apart, with thumbs raised.**
Breathe in / out for one breath looking at one thumb then repeat looking at the other thumb. (Keep your head still-make your eyes move.)
- (ii) Place hands on thighs and **exhale**, slightly bending knees and lean forward, always maintaining head in line with neck (*always try to keep head above heart*). **As you exhale look alternately to the left/right.**
- To **inhale** push upwards raising arms above the head, open the chest and slowly lower the arms to the sides of the body.
- Repeat the complete exercise to the end of the music.

(These movements help children to breathe deeply and evenly. Opening the arms high and wide helps the lungs to expand and heighten energy levels. It mobilises shoulder joints and improves posture.)



"Activate 9"



WEEKS 12 & 13

START-OF-AFTERNOON (CONT.)

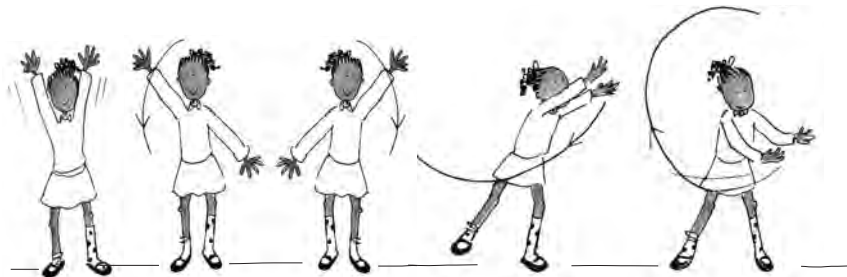
9

(W5) “Rock & rotate” Extension (ii)

(CD Track # 5 “Rock & Rotate”)

- (i) **Raise one arm above head with feet shoulder width apart.**
Rock to one side and raise the other foot off the ground.
Perform this rocking action 3 times from one side to the other.
- (ii) **On the 4th rock sweep both arms over and round in a large circle in front of the body** bending knees to sweep the floor with finger tips at the lowest point
- Move straight into the first rock of the sequence **with the other arm raised** and repeat the exercise through to the end of the music. Look straight ahead throughout and rock with alternate arms raised.

(This activity improves balance and lateral co-ordination and helps respiratory and circulatory systems)



(W7) “Heel & Toe” Extension (i)

(CD Track # 7 “Heel & Toe”)

- (i) Take the weight on one foot – **extend the other forward and heel and toe with one foot then ‘heel and toe’ with the other foot (4 beats in all)** then run on the spot (4 beats for 8 fast runs). Repeat the heel and toe and running actions. **Look at feet.**
- (ii) Clap hands
 - above head 1, 2, 3
 - to the right 1, 2, 3
 - near the feet 1, 2, 3
 - to the left 1, 2, 3
- (iii) Skip or jog on the spot, turning completely round once. (8 beats)
- Keep repeating the complete sequence of movements to the end of the music.

(This activity stimulates the blood supply and helps children become more physically alert. Helps improve observation and sequential thinking)



WEEKS 16 & 17

START-OF-MORNING

ACTIVATE 9

(CD Track 23 "Interdependence" or CD Track 24 "Heartbeat")

IN THE CLASSROOM

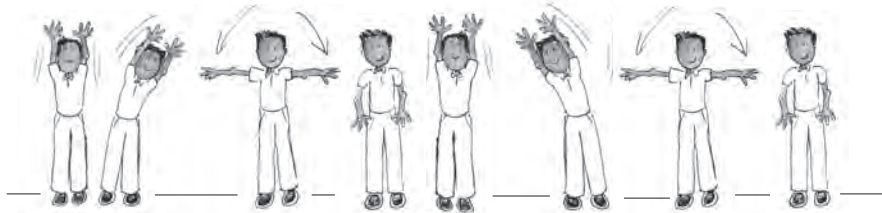
WARM-UPS

(W1) "Stand & Curl" Extension (vi)

(CD Track # 1 "Stand & Curl")

- (i) Place hands on abdomen. Raise shoulders and chest to inhale deeply for 2 beats of the music and exhale for 2 beats of the music. Repeat this 3 more times.
- (ii) Place hands on thighs and **exhale**, slightly bending knees and lean forward, always maintaining head in line with neck (*always try to keep head above heart*).
- **To inhale push and stretch upwards and to one side above your head to lean, look at your hands. Open and lower your arms to the side to exhale and return to the starting position.** Repeat to the other side.
- Repeat the complete exercise to the end of the music.

(These movements help children to breathe deeply and evenly. Opening the arms high and wide helps the lungs to expand and heighten energy levels. It mobilises shoulder joints and improves posture.)



(W6) "Hook-up & Step" Extension (i)

(CD Track # 6 "Hook up & step")

- **Stand with one foot close in front of the other (heel to toe). Look at the teacher.** Extend arms in front of you, one wrist crossed over the other, thumbs down, palms together. Inter-link fingers and draw hands close to chest, elbows down – bend knees.
- (i) Keep fingers inter-linked, bring hands down, then up through arms towards the head and stretch out in front of you – knees straight. Reverse the process. Each extension moves in time to the "8 winding cogs".
- (ii) Step to the side with one foot (1 beat). Briefly bring the second foot across to tap the floor (1 beat) before repeating to the other side.
- (iii) Lift knee and foot high and touch the inside of the foot with the opposite hand –repeat to the other side (16 beats).
- Repeat the complete sequence of movements twice more to the end of the music.

(This combination of activities help develop concentration, co-ordination and flexibility whilst stimulating both sides of the brain)



WEEKS 16 & 17

START-OF-MORNING (CONT.)

ACTIVITIES

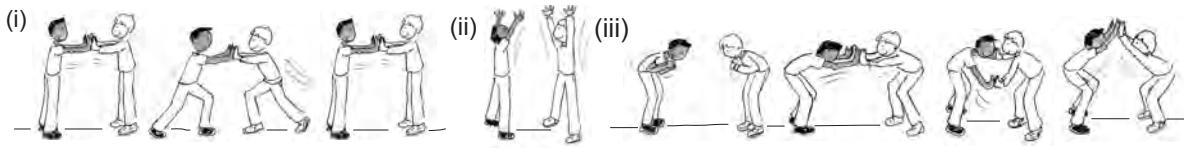
9

(7C) SHAPES - "Mirror and push"

(CD Track # 14 "Shapes")

- (i) Face a partner – palms of hands to palms of hands – feet together. Step back onto one foot to stretch your leg behind you. Press gently against your partner's hands and step feet together again (*This series of actions takes 8 beats*). Repeat with alternate legs for a total of 4 x 8 beats,
- (ii) Stand tall with hands and arms stretched above heads (2 beats), then move one foot to the side, stretch arms high and wide to make an "X" (2 beats). Repeat the move for a total of 2 x 8 beats. Look at the ceiling.
- (iii) Pull hands and arms sharply to your middle and curl body (2 beats), then stretch hands forward to touch partner's palms (2 beats). Repeat the two moves for a total of (2 x 8 beats).
- (iv) Remain palms to palms with your partner and slowly draw shapes with both hands (*together*) – make your own shapes until the music changes. (*Take it in turns to be the leader.*)
- Repeat the pushing and stretching movements to the end of the music.

(This activity improves posture, balance, flexibility of muscles and joints and helps children perfect controlled movements. Hand/eye co-ordination is improved. Working with a partner in a structured way improves social skills, confidence, trust and self-esteem)



(8B) CROSSOVER - "Feet behind" Extension (i)

(CD Track # 15 "Crossover")

- (i) Stretch and bend arms alternately up and down above the head (*as the right arm is down, left arm is up and vice-versa*) briskly to the rhythm. (8 stretches to 8 beats). Repeat, but with arms stretched **forwards** (8 beats). Keep your knees bouncing to the beat.
- Repeat both types of stretch (4 x 8 beats in total).
- (ii) March and turn on the spot (*knees high*) for 8 beats and in the **opposite** direction for 8 beats. **Look at the ceiling.**
- (iii) Step to one side, bring the other foot up **behind** and **across** the back of the body. Touch foot with opposite hand. Repeat alternately to each side for 2 x 8 beats.
- Repeat the complete sequence of movements to the end of the music.

(This activity focuses on movements which cross the mid-line of the body and stimulate both sides of the brain it develops co-ordination, integration and balance, and aids concentration)



WEEKS 16 & 17

START-OF-MORNING (CONT.)

9

(9A) RHYTHM AND CLAP - "Clap high and low" Extension (ii)

(CD Track # 16 "Rhythm and Clap")

- Dance to the introduction. (3 x 8 beats)
- (i) Reach forward and across the body at shoulder height with both hands simultaneously taking weight onto the opposite foot to create the rhythm. Return to starting position repeat to the other side. Move rhythmically from one side to the other 8 times (16 beats). Look at hands.
- (ii) Clap high, low, to one side of the body, then repeat to the other side of the body (8 claps using 16 beats).
- Repeat this complete sequence of movements to the end of the music.

(This activity crosses the mid-line of the body to stimulate both sides of the brain, it increases the oxygen uptake and develops rhythm and sequential thinking)



START-OF-AFTERNOON

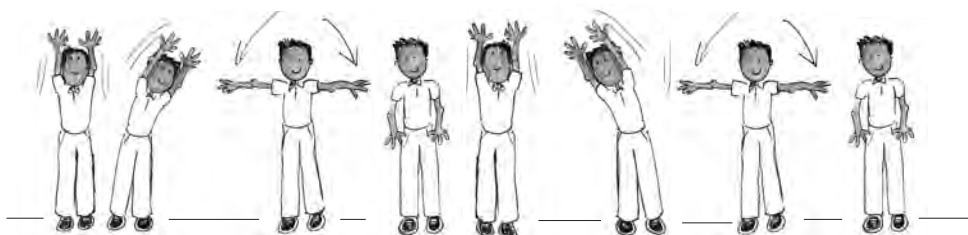
(CD Track 25
"South American Sounds")

(W1) "Stand & Curl" Extension (vi)

(CD Track # 1 "Stand & Curl")

- (i) Place hands on abdomen. Raise shoulders and chest to inhale deeply for 2 beats of the music and exhale for 2 beats of the music. Repeat this 3 more times.
- (ii) Place hands on thighs and **exhale**, slightly bending knees and lean forward, always maintaining head in line with neck (always try to keep head above heart).
- To inhale push and stretch upwards and to one side above your head to lean, look at your hands. Open and lower your arms to the side to exhale and return to the starting position. Repeat to the other side.
- Repeat the complete exercise to the end of the music.

(These movements help children to breathe deeply and evenly. Opening the arms high and wide helps the lungs to expand and heighten energy levels. It mobilises shoulder joints and improves posture.)



WEEKS 16 & 17

START-OF-AFTERNOON (CONT.)



(W6) “Hook-up & Step” Extension (i)

(CD Track # 6 “Hook up & step”)

- **Stand with one foot close in front of the other (heel to toe). Look at the teacher.** Extend arms in front of you, one wrist crossed over the other, thumbs down, palms together. Inter-link fingers and draw hands close to chest, elbows down – bend knees.
- (i) Keep fingers inter-linked, bring hands down, then up through arms towards the head and stretch out in front of you – knees straight. Reverse the process. Each extension moves in time to the “8 winding cogs”.
- (ii) Step to the side with one foot (1 beat). Briefly bring the second foot across to tap the floor (1 beat) before repeating to the other side.
- (iii) Lift knee and foot high and touch the inside of the foot with the opposite hand –repeat to the other side (16 beats).
- Repeat the complete sequence of movements twice more to the end of the music.

(This combination of activities help develop concentration, co-ordination and flexibility whilst stimulating both sides of the brain)



(W3) “Tracking an arc” Extension (i)

(CD Track # 3 “Tracking”)

- (i) March on the spot. **March high for 8 beats and low for 8 beats looking at a spot on the wall ahead.**
- (ii) Stretch both arms out to one side, hands together and clap for 8 beats tracking an arc over the head and travelling over to the other side of the body. Repeat in the opposite direction. (Very important to **watch the hands** throughout the clapping sequence)
- Repeat this complete cycle until the music changes.
- (iii) At the end of the activity as the music changes rhythm, raise both arms stretched high above head open chest and spread arms to the side of the body. Repeat this 3 more times to the sounds.

(This activity helps improve right/left co-ordination, encourages spatial awareness and heightened energy levels)



“Activate 9”



-K36-

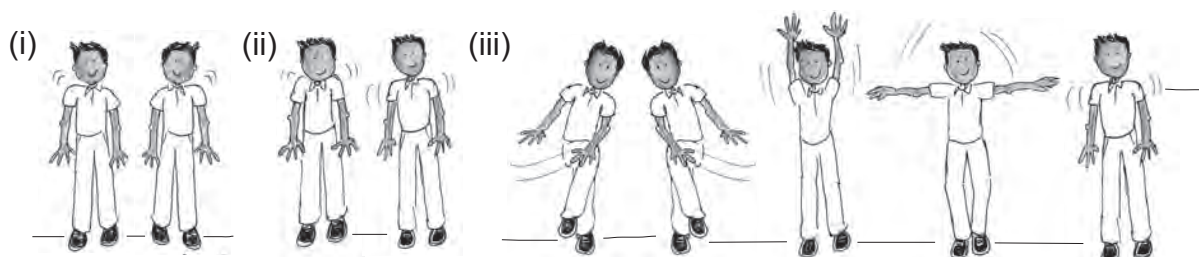
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(W4) “Raising Shoulders”

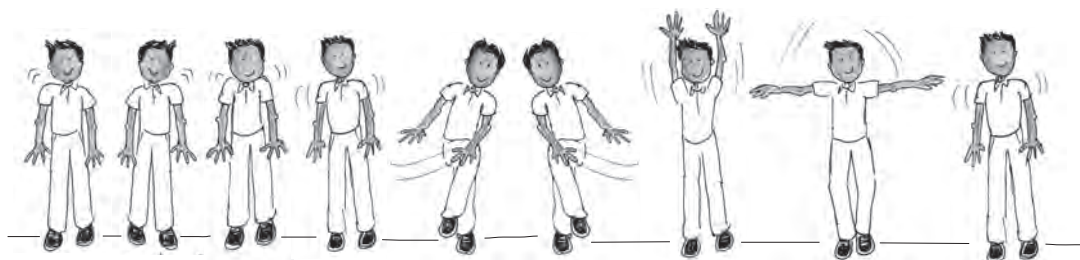
(CD Track # 4 “Raising Shoulders”)

- (i) Raise shoulders one at a time to the fast beat of the music 8 times.
- (ii) Raise and lower both shoulders together (x4) to 8 beats of the music.
- (iii) With the **right hand** reach across the mid-line of the body to touch the raised **left knee**, then with the left hand touch the raised right knee. Repeat for 16 beats.
- Repeat the series of movements twice more.
- At the end of the music draw arms up high above the head and lower arms out wide to the side of the body whilst softening the knees, finish with shoulders slightly tilted back and head in line with the neck.

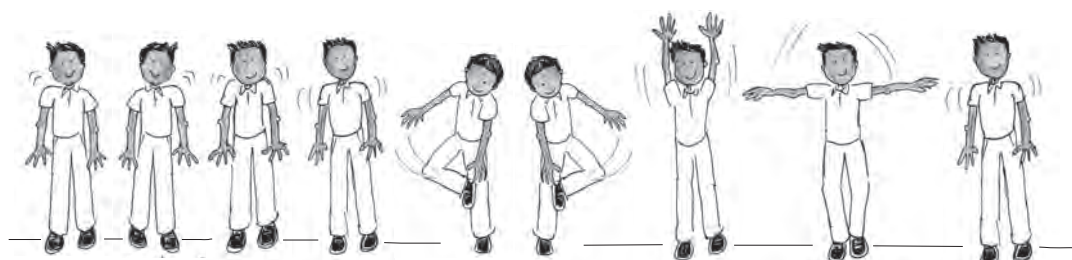
(This activity helps the respiratory and circulatory systems and improves posture, balance and flexibility of muscles and joints)

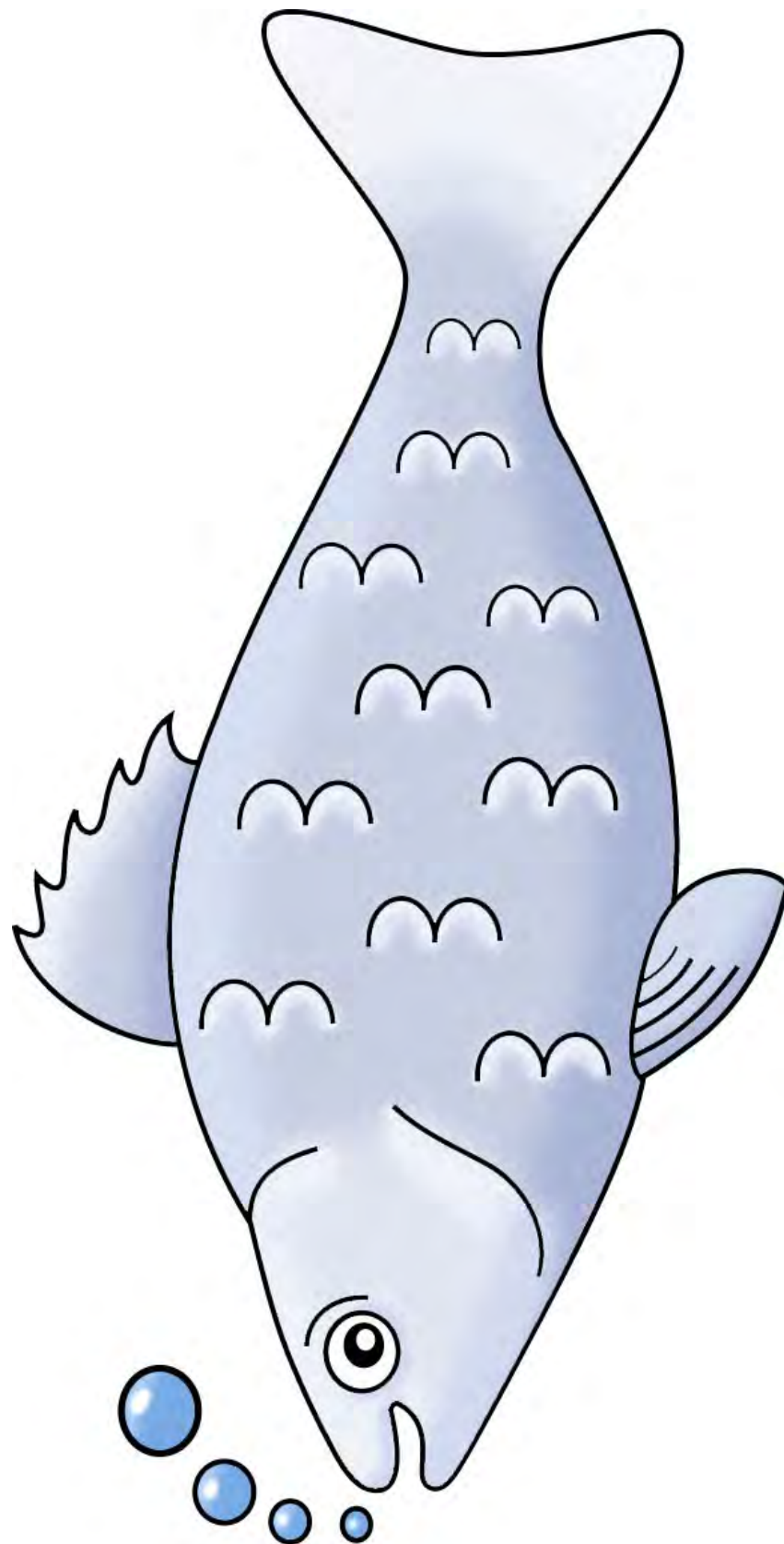


Extension (i) Section (i) raise shoulders one at a time to the fast beat of the music and turn. Look at the ceiling. **Section (iii)** raise the **left knee** across the mid line of the body and touch it with the **right hand** and vice-versa. Repeat for 16 beats. Look at a spot on the wall ahead.



Extension (ii) Section (iii) raise the **left foot** across the mid line of the body and touch it with the **right hand** and vice-versa. Repeat for 16 beats. Look straight ahead.





K

