

Instructions for Foundational Exercises

Superman

Start on stomach

Lift head, legs (straight/not bent), and arms off floor (only stomach is touching floor)

Count out loud slowly to **20**

Cross-crunch-open

Start on back

Cross hands onto chest-pick feet up off of floor and cross legs at ankles

Teacher calls out "*cross*" this is starting position then call out "*crunch*" –student lifts head off of floor up towards knees (have them count out loud to **5**) then call out "*open*" – student lowers head to the floor and opens arms and legs up and out (towards a wall not the ceiling) and count out loud to **5**. Do this **4x** each time asking them to alternate foot/hand that was crossed on top.

Child's pose into Cobra

Start in hands/knees position

Sit back down onto heels

Tuck chin to chest (look at belly button)

Take 2 big deep breaths (in through the nose-out the nose)

On the last breath exhale and stretch forward on extended arms making a hissing sound

Do this **4 x**. **Deep breaths are important**

Knee push-ups

Start on floor on stomach

Place hands on floor directly underneath shoulders

Put feet in the air (bend at knee)

Do these **10x**

Cat/cow

Cat:

Start in hands/knees position

Arch back up towards ceiling (convex curve of spine)

Place chin to chest (look at belly button) (Meow)

Cow:

Push belly towards floor/arch back (concave curve of spine)

Raise head towards ceiling (Moo)

Do this **4x**

Soldier jumping jacks

Start in standing position with right arm/leg forward in extension
jump and switch to left arm/leg forward

Do this slowly as leader calls out each jump and students can name which side of the body is in front and then they can do them **20x** at their own rate.

❖ More difficult soldier jacks are with opposite arm and leg.

Start with right arm forward and left leg forward- jump and switch.

Do this slowly as it is difficult for them to coordinate opposite sides of body

Scooby doo

Start in hands in knees position

Extend **right** arm in front

Extend **left** leg behind

Hold position -count out loud to **20**

Switch to left arm/**right** leg and count out loud to **20**

Downward diggity dog

Start in hands/knees position

Push up onto feet/hands

Keep elbows/feet straight hands flat

Take big deep breaths through the nose

Wag tails and bark like dog