**Arms**

**Arms**

Arms outstretched- side - in front

Circle

Rotation

**Walking on a line**

Straight line Between lines

Heel/toe Zig Zag

Backwards

**Midline crossing**

**Supine**

Head raise

Bridge

Flexion curl

**Kneeling**

**Half Kneeling**  Maintain position

 Catches ball

Swap and stand

**High Kneeling** Maintains position

 Raises and lower arms

 Throwing and catching

**4 point kneeling** Maintains position

 Arm and leg on own

 Arm and leg together

**Lying and rolling**

**Side lying** Maintains positon (? Secs)

**Rolling**  Rolls unaided front to back

 Rolls unaided back to front

 Rolls holding a quoit

 Rolls in line with mat

 Forward roll

**One leg standing**

How long?

**Bridging**

How many secs?

**Jumping**

On the spot (10)

Forwards (10)

Backwards (10)

On the spot and clap

Star jump

Spotty dogs

