**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

**Created by Clair Warner S.E.A.T.S.S Redbridge LEA- please contact us for Training** [**SEATSS@redbridge.gov.uk**](mailto:SEATSS@redbridge.gov.uk)