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Healthy Hands

KS1 – Hand exercises



**Dowelling rods**

Hand out one rod to each student.

Can you hold the pole with both hands (fingers on the top)?

Can you lift the pole using both hands and straight arms?

Can you lower the pole slowly?

Can you hold the pole out from your body and lift individual fingers away from the pole?

Can you lift the pole all the way up, so your arms are stretching straight above your head?

Place your poles down on the table without making a noise.

**Extension ideas**

* Twist the pole x 10 to the left
* Twist the pole x 10 to the right
* Twist the pole alternate sides x 20