



OT Exercise class: Tuesday February 15th, 2022

Warmup

SITTING on chair, back straight, feet flat on floor

1. **Tip-tap:** Hands up, Tip your shoulder. Repeat 8 times. Hands down, tap your knees. Repeat 8 times. Then do 1 of each. Repeat 8 times.
2. **How do you do:** Hands together, arms straight in front, turn to left side and say hi. Repeat 4 times. Hands back in front and turn to the right and say **hi to your neighbour**. Repeat 4 times. Then do one left and one right. Repeat 8 times
3. **Out to sea & in to me:** Tap right foot 3 times to the right and then tap back in 3 times. Repeat 4 times. Tap left foot out to the left 3 times and then back in 3 times. Repeat 4 times. Then do 1 of each. Repeat 8 times
4. **Heel toe tap:** Do 4 heel, toe taps on right and then on left. Repeat 8 times on each leg
5. **Tapping:** Tap toe 8 times on each leg. Then do alternate legs for 8.
6. **March on spot:** Start by lifting alternate knees. Then swing arms. Then do together. Swing alternate arms and knees (still sitting). Repeat 8-12 times
7. **Swim on spot:** Start by lifting knees. Then do freestyle swim arms. Then 2 together. Lift knees and swim with your arms. Repeat.
8. **Legs and arms:** Lift right leg and push both arms out. Lift left leg and push both arms out. Repeat 8-12 times.
9. **Stand and Step:** Stand up and march on the spot. Move to behind your chair.

Main

1. **Walkabout:** walk to the beat until the leader shouts an instruction i.e.:
 - a. Turn (this means change direction)
 - b. Jump on the spot
 - c. March like a soldier
 - d. Jog on the spot
 - e. Walk faster
2. **Jumping Jacks:** Show modified versions. Repeat 8-12 times

3. **Squats:** *Normal & then slow pace.* Wide legs, feet at 45deg. Repeat 8-12 times or 30secs.
4. **Punching:** Stand legs hip width apart, knees slightly bent, Jabs in front. Do right side, left side and then both. Do *slow and fast*. Do for 30secs.
5. **Squats:** *Normal & then slow pace,* feet hip width apart. Repeat 8-12 times
6. **Knees up:** Start slow, lift right knee 4 times. Then lift left knee 4x. Then fast right knee until I say stop. Then fast left knee until I say stop (30secs)
7. **Arm circles:** Arms out straight to side at shoulder level. Circle forwards for 30 secs). Arms down and repeat with circle backwards for 30secs.
8. **Skipping:** Pretend to be skipping on the spot, moving arms
9. **Calf raises:** Keep doing for about 30secs. Can we try standing on one leg and then the other?
10. **Twist:** twist side/side, moving hands in one direction, legs in other. Repeat for about 30secs.
11. **Repeat steps 2-10 above.**
12. **Shoemakers dance:**
 - a. Roly poly arms fw, roly poly arms back, thump thump, Clap x3
 - b. Hands on hips, 4 steps to right. Then 4 steps to left.
 - c. Then do part a and then part b until the end of the song

Cool down

1. March on the spot, lifting knees and hands low
2. Take deep breath in and out lifting arms up/down, still marching slowly

SIT DOWN [Good posture]

1. **Catch a star:** Arms straight up in 'Y' sign. Bend one arm and then the other
2. **Heel and toe Tap:** Slowly
3. **Hamstring stretch:** Both legs. Hold for min 15secs
4. **Twist:** Hands on hips, turn to right hold for 3secs, turn to left and hold for 3 secs. Repeat 4 times each side
5. **Rubbing:** With both hands rub up/down your right thigh for minimum of 15secs. Repeat on left side.