

# Move it

LARGE  
PHYSICAL MOVEMENT AND LEARNING

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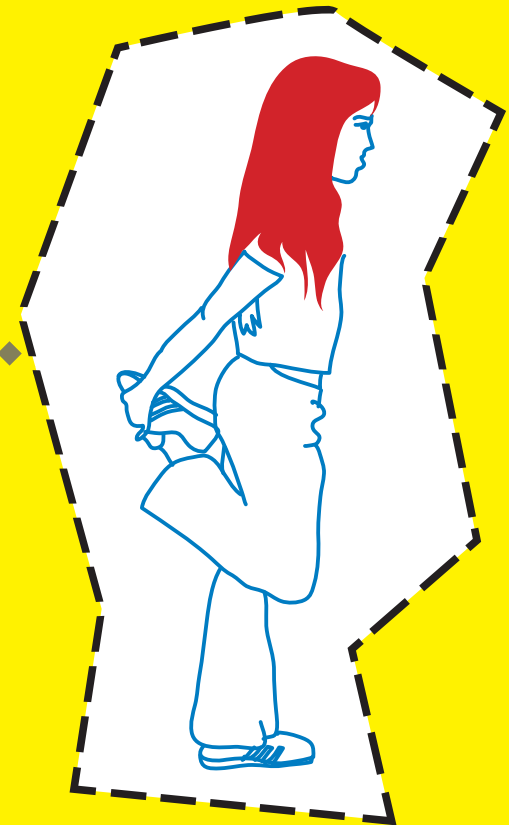
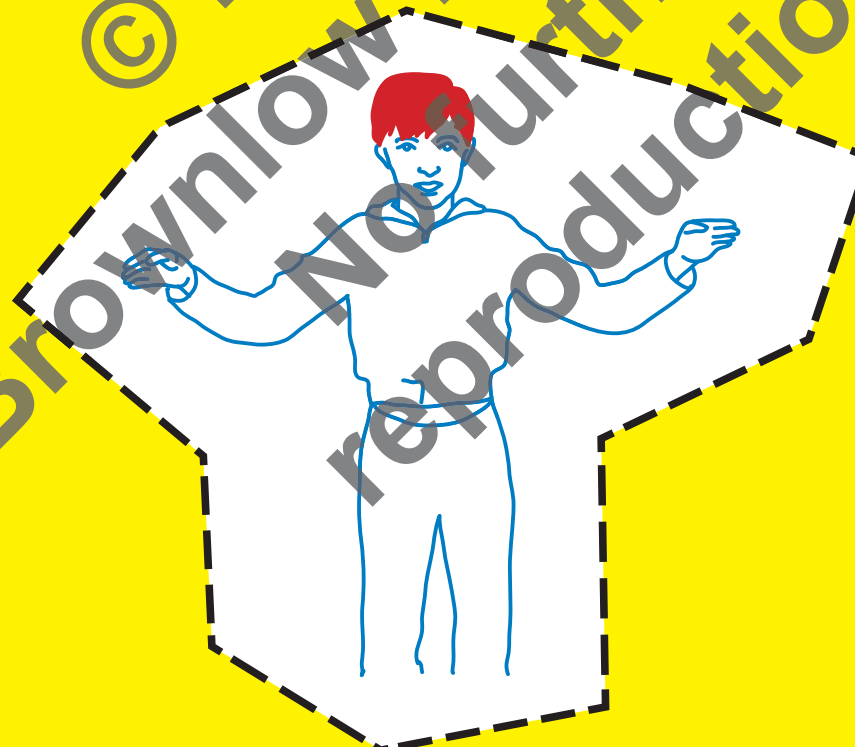


## tiny chi

Slow patterned movements Tai Chi style. The teacher models and the class follows. Nice and slow and steady, breathing evenly and regularly as you go.

## armworks

- Both arms outstretched on either side.
- Now do circles. Start with forward motion, then back. Do big slow circles. Now try squares. Now try circling forwards with one arm and backwards with the other. When you have practised, do it with your eyes closed.



## legworks

- Feet placed slightly apart and flat on the ground. Pick up your right foot with your right hand and lift gently to the back. Do the same with your left foot.