

Move it

COORDINATES PHYSICAL MOVEMENT AND LEARNING

7

© 2004 Hawker Brownlow Education published in Australia • www.hbe.com.au • HBP037 • © 2003 Alistair Smith • First published in the United Kingdom by Network Educational Press

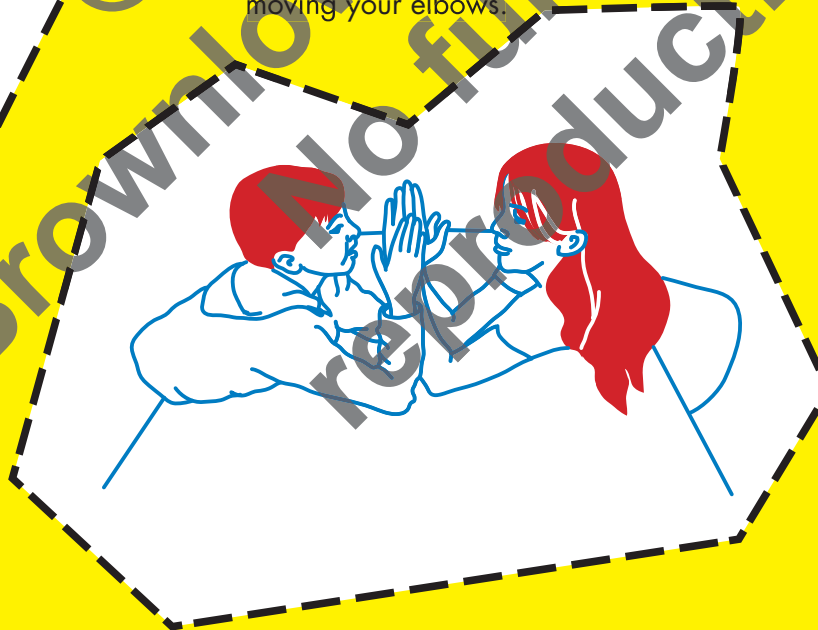
desk doubles

With a partner, sit either side of a desk. Place your elbows on the desk against your partner's. Your partner places their hands either side of yours with open palms. You have to push your hands out without moving your elbows.



chair pair

With a partner, sit on chairs facing each other with your knees and toes touching. Hold hands over the middle. Slowly begin to 'saw logs' by moving your hands back and forth. Stay seated. Gradually get faster.



mirror me

Stand facing your partner. Observe the movements your partner makes, then begin to slowly copy the same movements. Do it slowly and accurately.

