

# Cobra

Resources: None

## Starting Position:

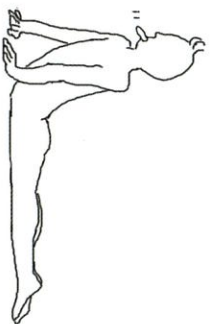
Child lies face down on the floor. Child's arms are bent at the elbow with palms down and next to the chest. Legs are extended and held close together like a tail.



Starting position

## Movement:

When the cobra has to strike, the child pushes up on their hands to full extension of the elbows, and making hissing noises and sticking the tongue in and out like a snake. Hold the position for a count of five.



Push on hands to full extension. Stick out tongue like a snake.

## Extras:

Returning to the face down position must be slow and controlled to increase muscle strength and coordination. Increase amount of time in "strike" position in increments of five counts to 30 counts maximum.

Module 5: Easy

# Friendly Fighting Antelopes

Resources: None.

## Starting Position:

Children sit in pairs facing each other. They hold each other's hands with fingers interlocked, and arms held at shoulder level, but elbows bent. (Antlers)



Starting position

## Movement:

Children gently pull and push each other's antlers to "fight" and trying to make the other lose balance.



Gently push and pull

## Extras:

Ensure children remain seated, and keep the "fighting" friendly. Add a challenge by having children kneel on both knees and one hand – so an antelope who lost an antler. Add a higher level balance challenge by having the children kneel on two knees and use two antlers. Knees apart = more stable, knees closer together = more challenge to balance and control.



One hand on the ground



Progress to kneeling

Module 5: Easy