



movementglossary

Aeroplane



- Body lying straight
 - Straight arms and legs
 - Arms level with shoulders
 - Arms and legs lifted together not separately
 - Head in line with the spine
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Bear

- Balanced on hands and feet
- Straight arms
- Straight legs
- Soft elbows and knees
- Bottom lifted



Crab

- Hands and feet flat to the floor and pointing forwards
 - Bottom lifted slightly from the floor
 - Bent knees
 - Soft elbows
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Crab with tummy lift

- Hands and feet flat to the floor and pointing forwards
- Tummy lifted, level with knees and shoulders
- Bent knees
- Soft elbows

