



Sync and Switch

Action for Life

LESSON
6

TEACHING NOTES

Side Step

- 1 Move sideways along the line.
- 2 Take a wide step to the side.
- 3 Then slide the other foot over to meet it.



TEACHING NOTES

Spider Crawl

- 1 Put hands and feet, but not knees, on the floor, keeping your hips high.
- 2 Walk forwards on your hands and feet, keeping your head up to look forward.
- 3 When you get really good at this, try it backwards.



TEACHING NOTES

Inchworm

- 1 Fully bend knees and put hands on the mat.
- 2 Keeping your feet on the floor, walk the hands forward until your legs and back are straight.
- 3 Then, without moving your arms, take short steps with the feet until you are in the start position again.
- 4 Continue to walk the arms forward, then stepping feet towards them to move forward. For extra challenge, walk the feet in while keeping the hips high and legs straight.



MODIFICATION:

Move on lower legs
(like crawling on
hands and knees)
instead of feet.