

**TEACHING NOTES**

## Commando Crawl

- 1 Lie on your stomach with hips, knees and feet flat on the mat.
- 2 Crawl across the mat using your forearms and legs while keeping hips, knees and feet close to with the mat.



**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.



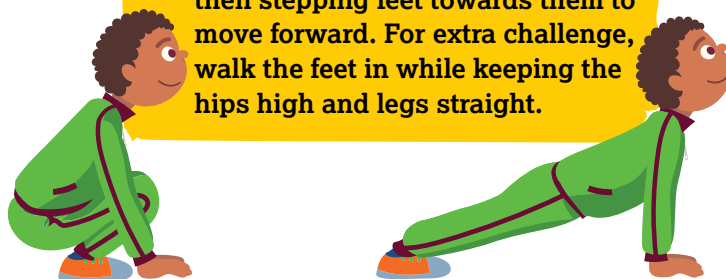
**TEACHING NOTES**

## 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.



**TEACHING NOTES**

## Push Turn

- 1 Start in a plank position on the floor, with arms straight and hands flat on the mat.
- 2 Keeping one hand on the floor, swing the other arm up and over while turning the body, landing in a crab walk position.
- 3 Swing the other arm around to return to a plank position.

**MODIFICATION:**

Start on all fours instead of plank position and keep lower legs on mat while using upper body to turn.

