

## Home recording sheet

### Bear walk

Date	Time spent	Comments

## Summary of goals

**Tick the box when these goals for bear walk are achieved**

<b>Goal 1</b>	Bear walk smoothly, moving the arm & leg on the opposite side at the same time, forwards, backwards or sideways	
<b>Goal 2</b>	Bear walk smoothly, moving the arm & leg on the same side at the same time, forwards, backwards or sideways	
<b>Goal 3</b>	Bear walk smoothly, in either pattern, in time to a beat set at 1.0sec	