

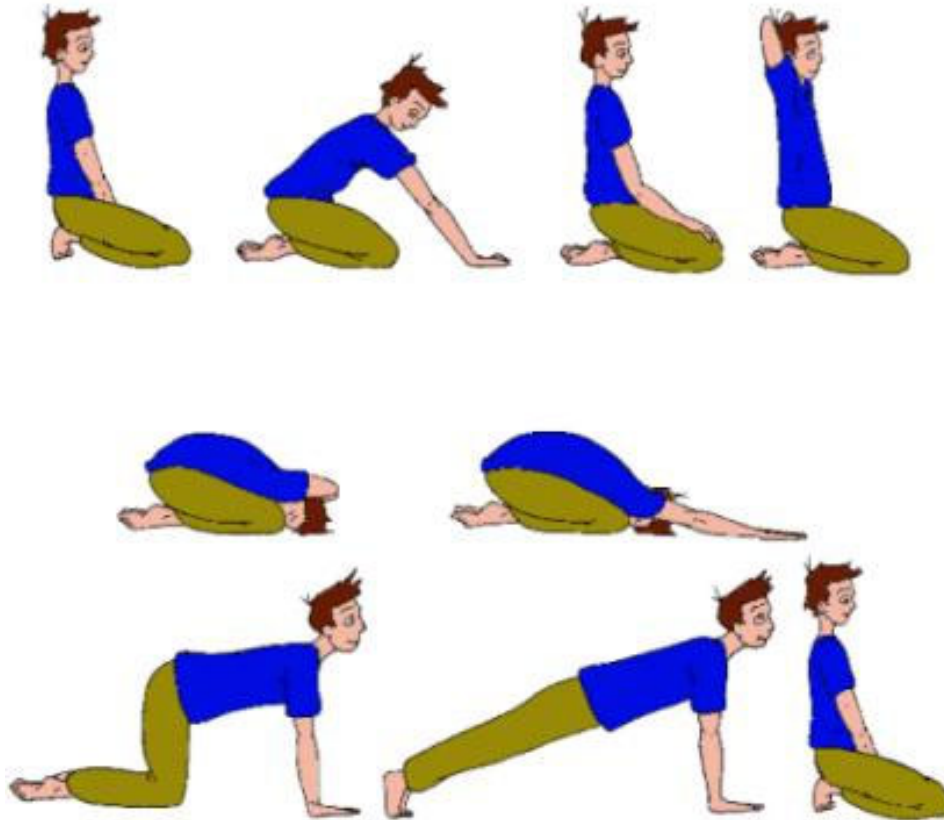
# Turtle

In this activity helps you to have to remember a sequence of movement.

## **Step 1. Turtle**

This activity has 9 parts which will be done in the following order:

1. Do it on the floor so you have your weight on your knees and the backs of your feet. Toes are turned in facing your knees and hands are on your laps
2. Move your body forwards and place hands palm down on the floor in front of your knees
3. Move toes back so they point back behind you and place hands on your knees
4. Bring both arms smoothly so they clasp together behind your neck. Elbows are bent and stretched out to the sides about level with your shoulders
5. Bend forwards from the hips (with hands still behind your neck) till your face touches your knees and your nose is between your knees
6. Stretch arms out straight in front of you
7. Push forwards so you come up onto hands and knees
8. Keep your arms straight and stretch your legs out behind your body so you are in a 'push up' position. Your back should be straight, not sagging in the middle or arched up in the middle.
9. Lower your knees to the floor (toes will be tucked under, pointing toward your knees) and bring arms back onto your laps so you will be back in the position in which you started as in step 1.



Repeat the cycle several times. There can be pauses as each phase is completed, but movement should be smooth, not jerky.

## **Step 2. Reverse order**

Move through the first 8 steps to the push up position then reverse back through the sequence.

1. Push up position
2. Bring your legs forward to the hands and knees position
3. Sit back so your head goes between your knees and your arms are stretched out in front of your body on the floor
4. Clasp your hands behind your neck and sit up
5. Place your hands on your knees
6. Lean forward slightly and place your hands on the floor in front of your knees
7. Sit up and curl your toes in so they point to your knees

**Your goal is to move through the cycle, performing each part smoothly.**