

Angels in the Snow - Stop/Start 2

This activity helps you to think while moving.

Step 1. Move arms & legs at the same time

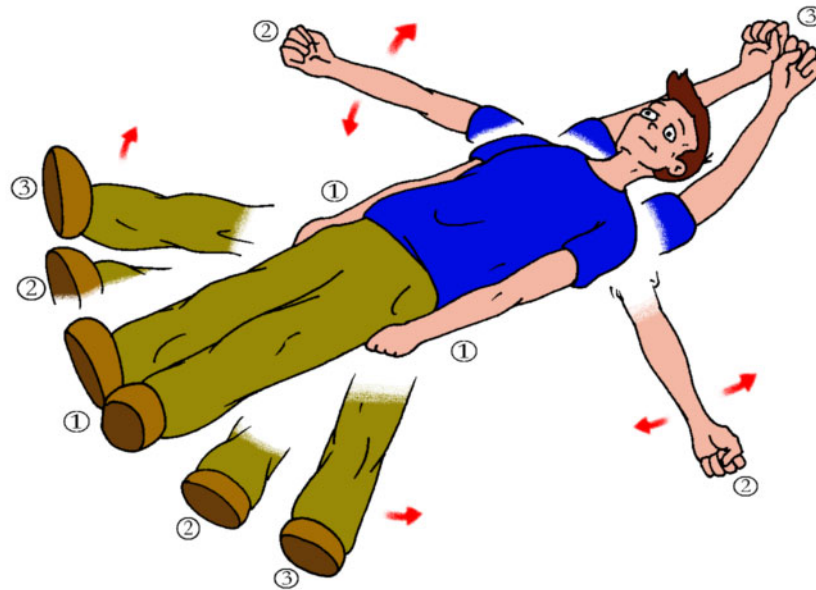
As you did Angels in the Snow 1 lie on the floor, on your back, arms at your sides, legs outstretched and feet together. Your body should be straight with your head lined up with mid-line of your body. Only arms and legs are going to move.

Move your arms out sideways until they reach above your head and the palms of your hands touch. Arms should stay almost straight with only a slight bend at the elbow. At the same time move your legs apart slowly until they are a comfortable width apart. Your knees should not bend and hips should not lift off the floor.

When legs have moved out to a comfortable width and hands have touched above the head, **immediately** start moving your arms and legs back to the starting position. Arms should touch your sides at the same time as your feet touch. Try to breathe in as arms and legs move out then breathe out as arms and legs come back. Make sure arms go all the way to the top and hands touch before you start to bring arms back down again. Arms and legs should start and finish at the same time.

Notes for helpers:

The simultaneous movement of both arms and both legs should now be easy as this has already been practiced in Angels in the Snow 1.



Step 2. Stop / start, two parts

Now while you are moving both arms and legs so they start and finish at the same time (with no delay when hands touch above your head), your helper will call two parts which you will have to stop or start. Possible combinations are:

1. Right arm, left arm
2. Right leg, left leg
3. Right arm, right leg
4. Left arm, left leg
5. Left arm, right leg or
6. Right arm, left leg

To begin, your helper tells you which arm(s) or leg(s) they would like you to stop. Take your time and while you keep moving both arms and legs out and in, try to think about how you will stop the two parts. Then when you have decided how to do this, change your movement when you are at the closed position (arms by sides & feet together). There should be no hesitation or stopping before you change to stop the two parts. When you first try stopping two parts you may have to move both arms and legs in and out several times before you are ready. The next time your helper calls different arms or legs, you will have to change how you are moving based on their instructions. You may then be moving one, two or three parts.

If they call an arm or leg that's moving, this limb will stop, but if they call a part that's already stopped, this part will move. Each time your helper calls two parts, arm(s) or leg(s), 2 parts will change their action.

For example, if your helper says '**right arm, right leg**', you will have to stop your right arm and right leg. While you move both arms and legs think about how you will stop the right arm and right leg and keep the left arm and leg moving. When you know how to do this, stop the right arm and right leg the next time both arms are by your sides and your legs are together. Your goal is to stop the right arm and right leg without any hesitation, so the movement of left arm and left leg will continue smoothly.

If next your helper says '**left leg, right arm**', you will now have to stop the left leg but re-start the right arm. The right leg will remain stopped. So two things change - the left leg stops and the right arm goes. So, keep moving left arm and left leg while you think about how you to stop your left leg and start your right arm as well. When you are ready change, (at the closed position) now only both arms will be moving.

For this activity you will always be moving 1, 2 or 3 limbs. You must continue to move slowly and smoothly so that arms and legs start and finish at the same time with no delay when in the open position.

Your goal is stop/start two limbs, when at the closed position, without any hesitation.