

# Home recording sheet

## Crab walk

Date	Time spent	Comments

## Summary of goals

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

<b>Goal 1</b>	Crab walk smoothly, moving the arm & leg on the opposite side at the same time, forwards, backwards, sideways or in a circle	
<b>Goal 2</b>	Crab walk smoothly, opposite arm & leg at the same time, in time to a beat set at 1.0sec, changing direction of movement on command	
<b>Goal 3</b>	Crab walk smoothly, moving the arm & leg on the same side at the same time, forwards, backwards, sideways, in a circle	
<b>Goal 4</b>	Crab walk smoothly, same arm and leg at the same time, in time to a beat set at 1.0sec changing direction of movement on command	
<b>Goal 5</b>	Crab walk smoothly, changing the pattern or direction of movement on command, in time to a beat set at 1.0sec	