

# Lizard

This activity helps you to improve awareness, timing and control of movement on one side of your body.

## **Step 1. Lizard - same**

Lie on the floor on your back.

Extend each arm straight out to the side of your body at shoulder level. Your arms rest on the floor.

Bend your elbows to a right angle, so your lower arms and hands are up closer to your head.

Lower your left arm down by your side, but keep the right arm up with the elbow still bent.

Make your right hand into a fist.

Slowly straighten your right arm over your head, sliding it along the floor, while your hand unfolds from the fist shape to an open hand. As you start to straighten your arm also begin to move your right leg from your hip upwards toward your body, while bending your knee, until your thigh is at right angles to the floor - your lower leg stays parallel to the floor with your toes still pointing upwards toward the ceiling.

Your hand should be completely opened and your knee at a right angle as your arm finishes straightening.

Your head remains centred, i.e. nose pointing toward the ceiling, but your eyes should look toward your hand as it moves.

Repeat the movement in reverse order, bending your right arm down and straightening your leg, as your right hand is closed into a fist.

Repeat with the other side, straightening the left arm out above your head and bending your left leg up.

### **Notes for helpers:**

Watch out for the following:

- Movement of the head to follow the hand.

- All parts not starting and finishing their movement at the same time.

**Your goal is to straighten your arm, while unfolding your fist and bending your leg upwards so that all movements start and finish at the same time.**

## **Step 2. Lizard - not same**

Begin in the same position with the arms extended out from your shoulders, lowering one arm to your side then bending the other arm at the elbow. However, this time as you straighten your arm and open your fist, bend the **opposite** leg up.

Also repeat this movement in the reverse order, bending your arm and straightening your leg as your fist is closed.

**Your goal is to straighten your arm, while unfolding your fist and bending your opposite leg upwards so that all movements start and finish at the same time.**