



Aerobics with Arita (9)



New Directions: Health and Wellbeing and Maximising Independence.



Name:



Date:

What you will need?

A chair

A small ball

Some water

1. Lets warm up with Arita starting with a march on the spot
2. Warming up our upper body by starting with our shoulder roles
3. Using our ball, we are going to hold it while moving our arms from side to side
4. Holding the ball again in our hands we going to raise one leg at a time and pass the ball under our leg and then changing to the other side



5. Standing up or sitting down, holding the ball were going to stretch the ball up over our heads back down to the ground and up again to our tummys

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6. Holding the ball between our feet while lifting our legs up and down



7. Holding the ball, were going to roll the ball around our back and bringing it back to our tummys



8. Placing the ball under our foot and resting our leg were going to roll the ball with our foot working on stretching our feet and ankles



9. Holding the ball again going to reach the ball up to the sky, bringing it back down and stretching it to our right side and rotating then to our left side

10. Holding the ball between our legs and raising our legs up and down



11. Lastly, we are going to warm down and do some breathing exercises

Keep up the good work guys, well done

