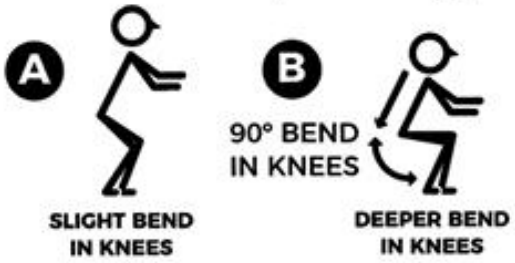
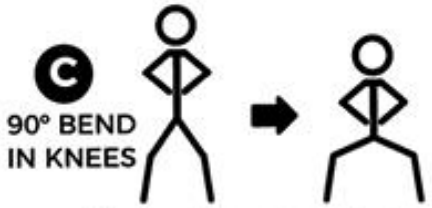
Active Cranbrook
PHYSICAL LITERACY

STATIONARY SQUAT

Head & chest up and in straight line with spine, bend knees and hips into sitting position



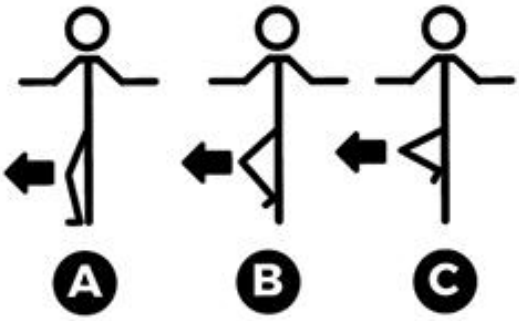
Feet are hip distance apart



Feet and knees wide apart

BALANCE STAND & HIP OPENER

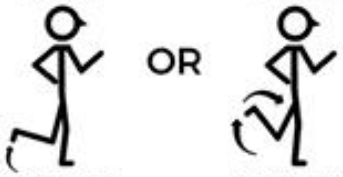
Stand on one foot facing forward
Turn other foot 45 to 90 degrees, remain facing forward, opening hip.
Engage abdominals



HOLD 10 - 30 seconds per side
EASIER - Hold onto rail or wall for balance
HARDER - Bring hands together at chest level
- Close eyes

BUTT KICK & KNEE LIFT

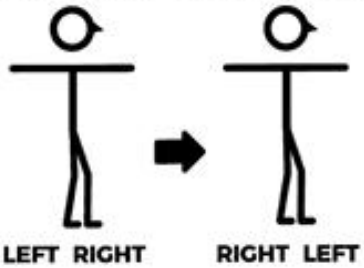
Easier OR Harder



Opposite elbow to opposite knee

HEEL TO TOE LINES

Heel of front foot touches toes of back foot - walk between lines
Parallel - Easier Zig Zag - Harder

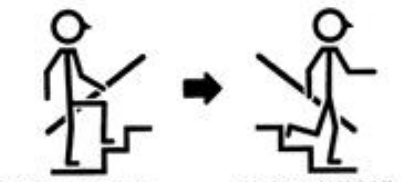


EASIER
-Take longer strides
-Arms out For balance
-Look where walking

HARDER
-Arms stay down
-Walk on line
-Walk backwards

STAIRS

Walk up, across and down stairs



Active Cranbrook
PHYSICAL LITERACY

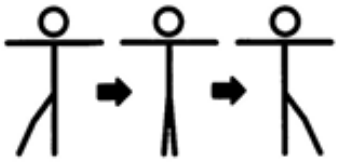
This 3 page handout will help you remember the stations when you are at home.

SIDE STEP/SHUFFLE

Follow Yellow Line

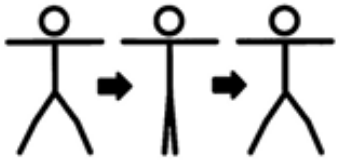
WITH KNEES SLIGHTLY BENT
FACE ARENA, TURN HALFWAY AND FACE WALL

A



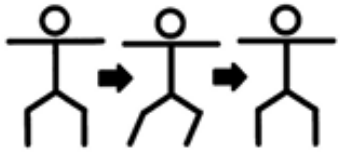
SLOW OR FAST NARROW STEPS

B



SLOW OR FAST WIDE STEPS

C



SQUAT AND SHUFFLE SLOW OR FAST

HALLWAY WALK

PUNCH ARMS STRAIGHT UP | PUNCH FORWARD | UNDERCUT PUNCH

SHIFT WEIGHT

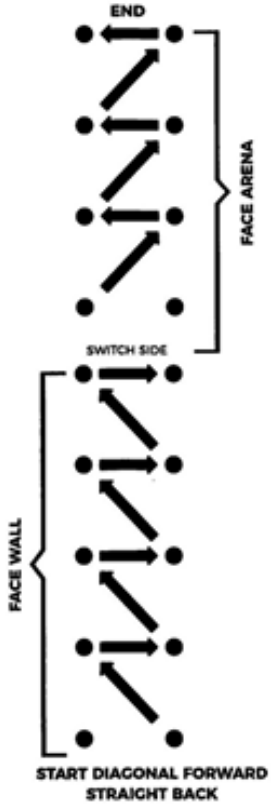
A
Shift Weight
- WITH ANKLE TAP
- WITH CALF TAP
- WITH KNEE TAP

END

START

B
Shift Weight
- WITH ANKLE TAP
- WITH CALF TAP
- WITH KNEE TAP

END



START DIAGONAL FORWARD
STRAIGHT BACK

C
Shift Weight
- WEAVING

END

START EITHER SIDE

TAI CHI MOVEMENTS

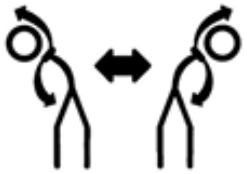
Slow controlled breathing
Inhale to open movements / Exhale to close movements
Repeat 5 times

A

TOUCH THE SKY
Very slow, relaxed, controlled movement

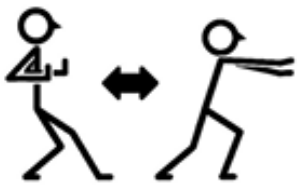
B

CAPTURE THE MOON
Very slow rotation



C

GREET THE DAY
Very slow extension and recovery
switch legs and repeat



Ladders

Red - Harder
Blue - Medium
Green - Easier

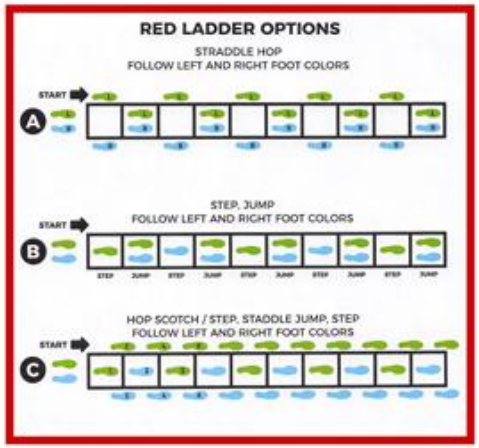
There are 3 ladders that each have 3 levels. Start with the easiest level (Green), and then attempt the Blue. If these are challenging, stick with them before you move to Red.

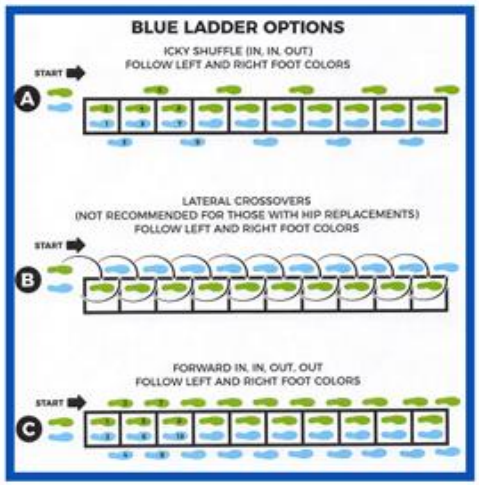
There are 9 different exercises for the Ladders' station.

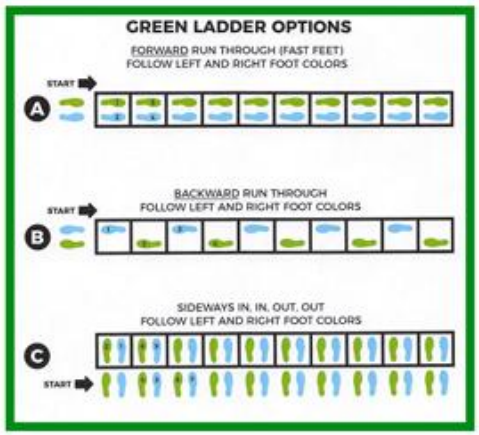
The Red Ladder has:
A: Straddle Hop
B: Step Jump
C: Hop Scotch

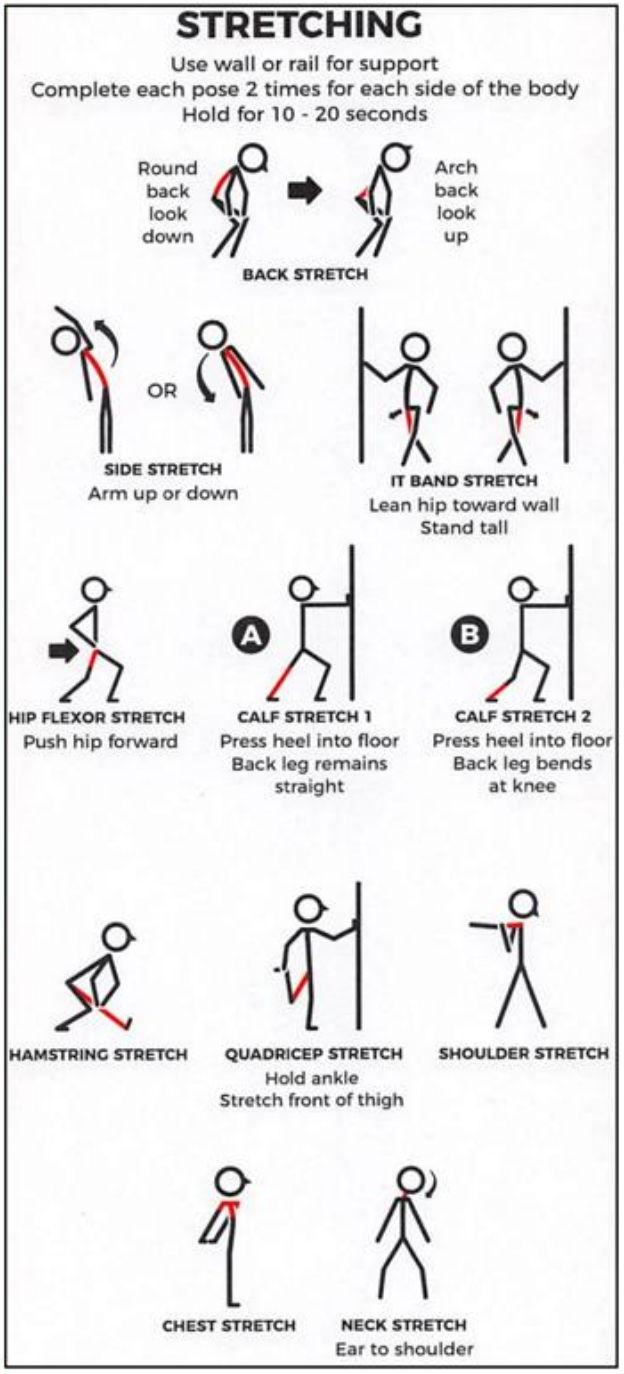
The Blue Ladder has:
A: Icky shuffle (in, in, out).
B: Lateral Crossovers (Legs moves inward & cross line).
C: Forward (in, in, out, out)

The Green Ladder has:
A: Forward run through fast feet.
B: Backward run through.
C: Sideways in, in, out, out.









Stretching:
Stretching is very important in recovery. The adjacent pictures have the (red) area denoting where you should feel the stretch.

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