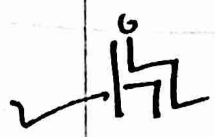


16 chairs

# Chair Class 3-4:15

300



Arrive; Br. awareness - hands on

✓



Turn - how far round

- head, shoulders - diff<sup>te</sup>



✓



reach down - turn

315



hip/knee flex - pelvis

turns

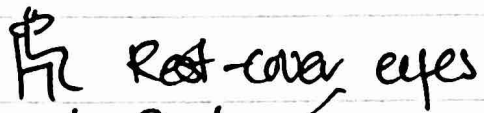
✓

- turn everything

How far round can you see?

✓

325



Rest - cover eyes

✓ rolling heel

tap feet

330

roll on foot

Feet - hold knee - evers / inverts

→ Saturday

Legs - windscreen wipers



340

Turn everything - turn into mini lunge - dam up

345



Pause



feet band

→ Saturday

sit to stand

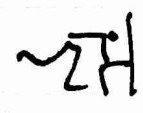


sway walk sideways

355



Pair walk - good



Breath

singing bowl