

Name of exercise	Crossing arms pattern
Description of exercise	<p>Begin with running freely in the gym, then introduce a sequence of arm movements</p> <p>Position 1 - Extend both arms above the head</p> <p>Position 2 - Cross the arms to touch opposite shoulders</p> <p>Position 3 - Extend both arms out to the side</p> <p>Position 4 - Lower both arms down to the side of the body</p> <p>Repeat the pattern, then introduce a knee accent on 3 and maintain the arm sequence</p> <p>Then repeat the arm sequence but begin the sequence at different points for the right and left arms – e.g. the right arm starts at position 1 and left arm at position 2.</p>
Key themes that this exercise can support	Balance, focus of attention, coordination, dissociation, multi-processing
Emphasised at	Second and Third level
Appropriate for	Second – Fourth levels