

Name of exercise	Spot the dog
Description of exercise	<p>The basic 'spot the dog' action is to bounce on the spot and move your arms and legs forward and back, coordinating opposite hand to foot.</p> <p>Then continue to bounce with the legs going forward and back, but move both arms out to the side and in again, and repeat.</p> <p>Then continue to bounce with the legs going forward and back, but move one arm at a time out to the side and in again, and repeat.</p> <p>Combine 'jumping jack' actions (out and in) with 'spot the dog actions' (forward and back) in a repeating sequence, ensuring that the arms move opposite to the legs.</p>
Key themes that this exercise can support	Coordination, balance and dissociation
Emphasised at	Second and Third level
Appropriate for	Second – Fourth levels