

Name of exercise	Alternating arms standing
Description of exercise	<p>Begin standing with the left foot off the floor, with the right arm pointing up to the ceiling, and with the left arm at the side</p> <p>Then alternate the arms four times, keeping the arms straight at all times</p> <p>Then alternate the legs four times jumping from one foot to the other</p> <p>Then alternate arms and legs simultaneously four times.</p>
Key themes that this exercise can support	Balance, coordination, rhythm and timing and sequencing
Emphasised at	Second and Third level
Appropriate for	First – Fourth levels

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