

Name of exercise	Jumping jacks
Description of exercise	<p>The basic jumping jack action is to bounce on the spot and move the arms and legs in, then out, then in, then out and repeat.</p> <p>Then continue to bounce and move both legs, but only move one arm – alternate the arm that moves</p> <p>Then continue to bounce and move both arms, but only move one leg – alternate the leg that moves</p> <p>Then continue to bounce and move both legs, but move both arms to the front, then to the side.</p> <p>Then make the same pattern of the arms moving to the front and then the side but move only one arm at a time</p>
Key themes that this exercise can support	Coordination, balance and dissociation
Emphasised at	Second and Third level
Appropriate for	First – Fourth levels