

Name of exercise	Touch-tap-fingers
Description of exercise	<p>Begin walking about the gym</p> <p>Then with your right hand touch each of the fingers in turn with the thumb, beginning with the index finger</p> <p>Then again with your right hand touch each of the fingers in turn beginning with the pinky</p> <p>Then repeat the sequence using the left hand</p> <p>Then repeat the sequence using both hands</p> <p>Then touch the fingers in a random pattern that is given by the teacher – like 2-2-4-1-3</p> <p>Then repeat the basic sequence starting the right hand at finger 1, and the left hand at finger 4</p>
Key themes that this exercise can support	Coordination, sequencing and dissociation
Emphasised at	Second and Third Levels
Appropriate for	Second – Fourth levels