

Name of exercise	Arm fold
Description of exercise	<p>Action 1</p> <ul style="list-style-type: none"> Stretch one arm out to the side of the body <p>Action 2</p> <ul style="list-style-type: none"> Cross the other hand over the front of the body to touch the opposite shoulder <p>Action 3</p> <ul style="list-style-type: none"> Bring the first hand in towards the body and touch the opposite shoulder <p>Action 4</p> <ul style="list-style-type: none"> Stretch the second hand out to the side of the body and allow the first hand to drop
Key themes that this exercise can support	Coordination, and dissociation
Emphasised at	Second level
Appropriate for	Second – Fourth levels