

Name of exercise	Tap and lift fingers
Description of exercise	<p>Begin lying on the floor facing a partner with the hands resting in front of the shoulders and the fingers spread out</p> <p>Partner numbers the fingers 1 – 10 from pinkie to pinkie</p> <p>Partner then touches a finger and the learner (who is lying on the floor) lifts and lowers the finger that has been touched, and then identifies its number</p> <p>Partner then touches two fingers, one after the other. The learner who is lying down must raise and lower, and then name one then the other finger.</p> <p>The extensions include; touching two or three fingers in a sequence, asking the person to acknowledge the fingers that have been touched by raising and lowering them, and then add up their numbers</p>
Key themes that this exercise can support	Body awareness, coordination and sequencing
Emphasised at	First and Second Levels
Appropriate for	Early – Third levels