

Name of exercise	Square cross sequence
Description of exercise	<p>Action 1 – "Square"</p> <ul style="list-style-type: none"> • Raise the hands to touch the shoulders on the same side of the body <p>Action 2 – "Cross"</p> <ul style="list-style-type: none"> • Drop the hands and cross them over to touch opposite hips <p>Action 3 – "Cross"</p> <ul style="list-style-type: none"> • Raise the hands keeping them crossed to touch opposite shoulders <p>Action 4 – "Square"</p> <ul style="list-style-type: none"> • Drop the hands and touch the hips with the hands on the same side of the body
Key themes that this exercise can support	Coordination, dissociation and sequencing
Emphasised at	Second level
Appropriate for	Second – Fourth levels