

Name of exercise	Dinosaur fingers
Description of exercise	<p>Begin sitting on the floor, and complete the sequence described below with one hand</p> <p>Number the fingers 1 – 5</p> <p>Tap the floor with fingers 1 and 5</p> <p>Then tap the floor with fingers 2 and 4</p> <p>Then tap the floor with finger 3</p> <p>Tap the floor with finger 3 again</p> <p>Then tap the floor with fingers 2 and 4</p> <p>Then finish with tapping fingers 1 and 5</p> <p>Then complete the sequence using two hands at the same time</p>
Key themes that this exercise can support	Coordination and sequencing
Emphasised at	First and Second Levels
Appropriate for	Early – Second levels