



M A G I C

Emphasise Fun Over Frustration

Praise Effort Over The Outcome

These cards will provide you with activities to help work on specific physical goals.

On each card you will find:



Activity Instructions



Equipment needed for the activity



How to add some additional challenges to the activity

The main focus of the activity will be indicated by icons:



Ideas for activity variations



Skills & object control



Upper & lower body strength



Balance, stability & control



Fitness



THE UNIVERSITY OF WESTERN AUSTRALIA



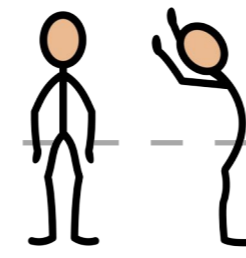
ACCREDITED EXERCISE PHYSIOLOGIST



9. Strong like a warrior



1. Tall like a mountain



2. Take a bow



3. Be a tree



Yoga #1

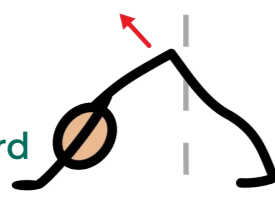


Complete the circuit of poses two times.
Start with your right leg, and then completed the circuit again with your left leg.
Finish the circuit with quiet lying and 5 breaths.



Hold each position for a longer period of time.
Start with 15 sec, then 30 sec and keep going!

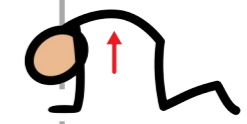
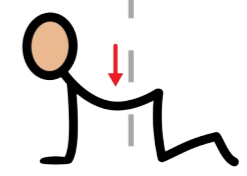
8. Downward dog



4. Downward dog



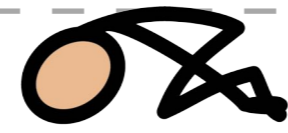
5. Arch like a cat & a camel



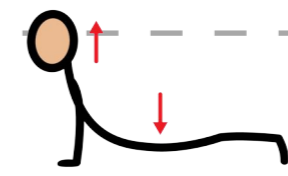
7. Sit like a frog



7. Child's Pose



6. Lie like a snake & look to the sky



Nothing - just some space *mat optional

