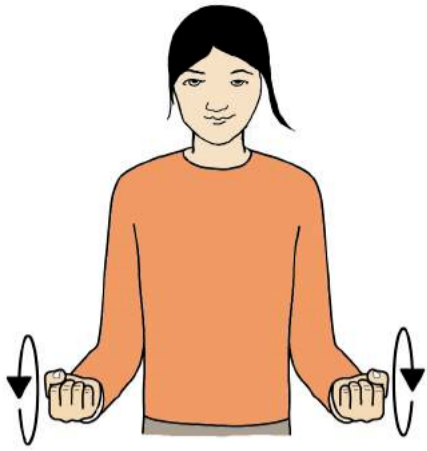
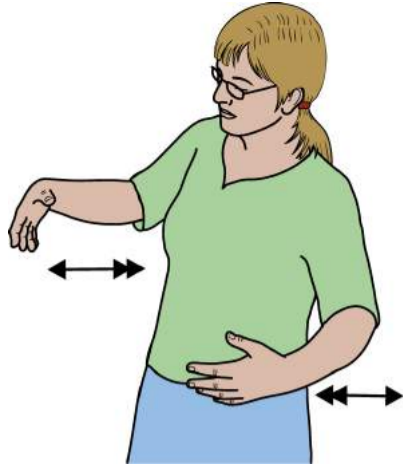


SKIPPING



Hands at side of body circle as though skipping.

DANCING



Relaxed arms move alternately forwards and back.

FOOTBALL



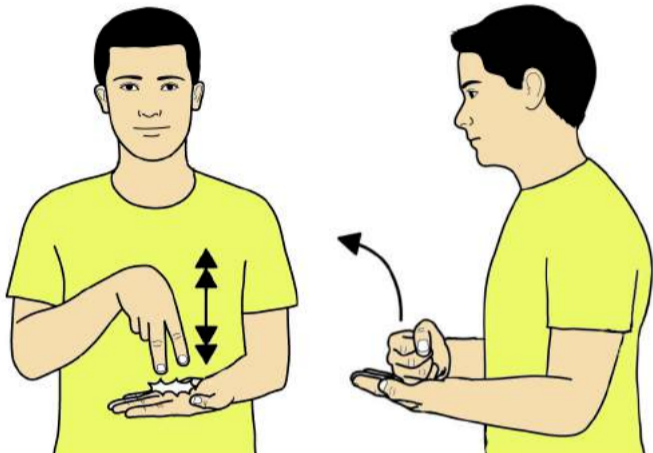
Index hands (palms back, pointing down); working index flicks forwards.

RUN



Fists (palms in, pointing forward), arms swing as though running.

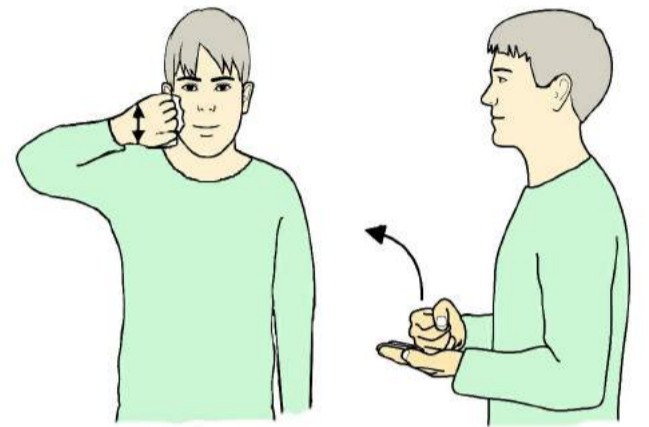
REBOUND THERAPY



Supporting flat hand (palm up, pointing forward/in); then working "V" hand (palm back, pointing down) on supporting palm bounces up and down several times; then blade of working fist rests on supporting palm; formation moves up/forwards.



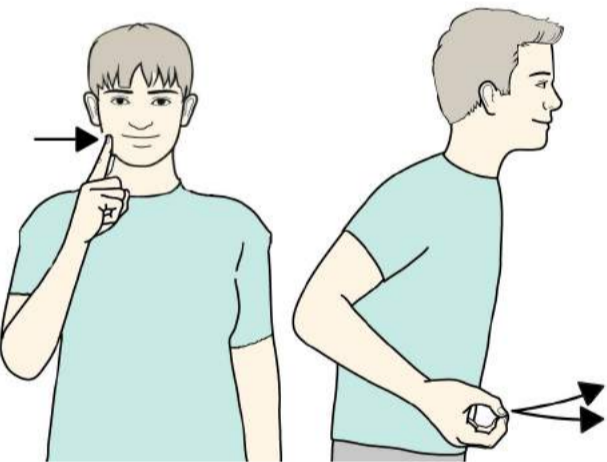
HYDROTHERAPY



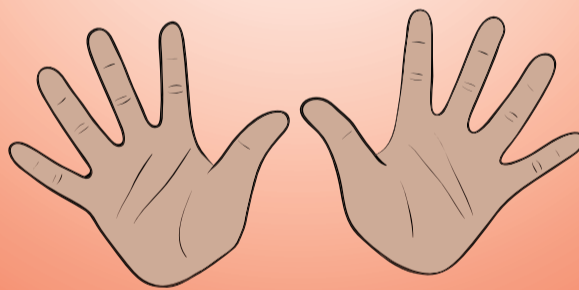
Working cupped hand (palm forward, pointing in) backs of fingers rub up and down against cheek; then blade of working fist rests on supporting palm, formation moves up/forwards.

GET MOVING

BOCCIA

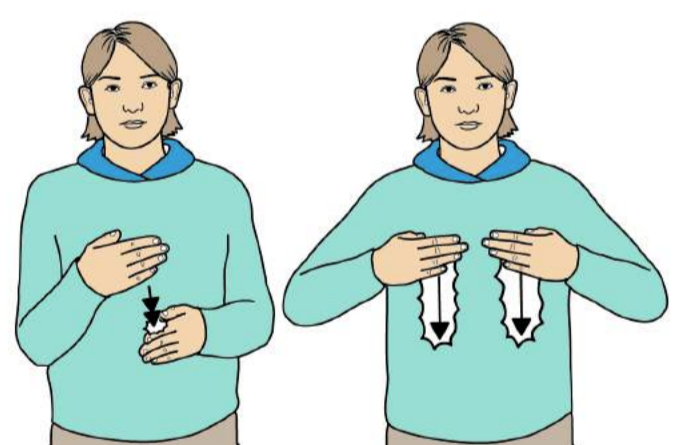


Working index taps cheek gently once; then working full "O" hand (palm forward, pointing down) at working hip, moves forwards changing to open hand (palm forward, pointing down).



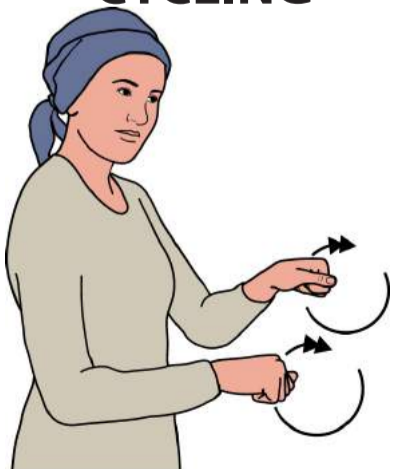
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EXERCISE



Flat hands (palms in/back, pointing forward/in); blade of working hand taps on supporting index twice; then flat hands (palms back, pointing in) brush down chest.

CYCLING



Closed hands (palms down, pointing forward) circle forwards several times.

SPORT



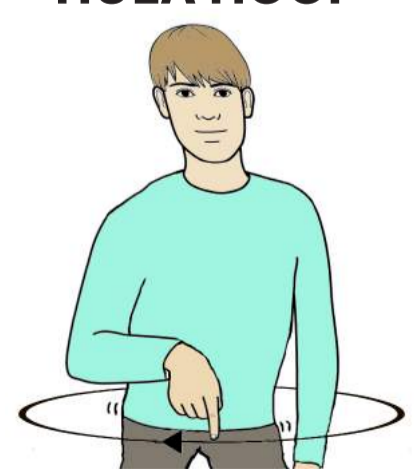
Closed hands together (palms in, pointing forward); with sharp movement working hand pulls back towards working shoulder while supporting hand pulls forwards/out.

WALK



Working "V" hand (palm out, pointing down) "walks" up supporting forearm from back of hand to elbow.

HULA HOOP



Working index hand (palm back, pointing down) at supporting side makes large outward circle to working side of body. Hips move from side to side.