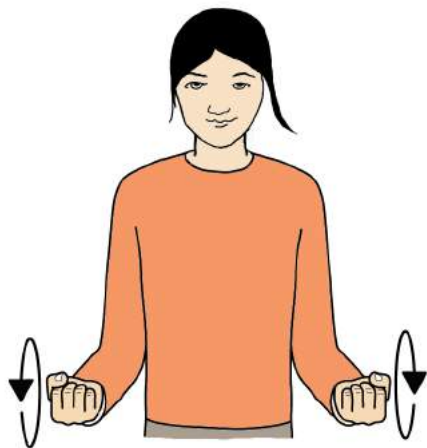
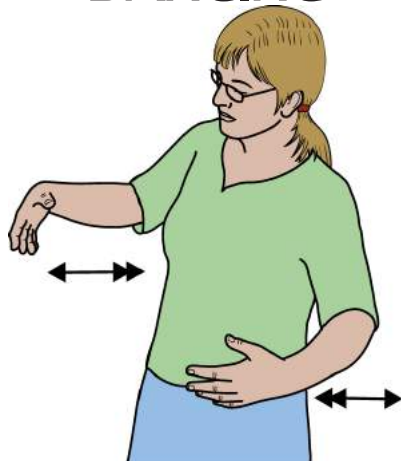


## SKIPPING



Hands at side of body circle as though skipping.

## DANCING



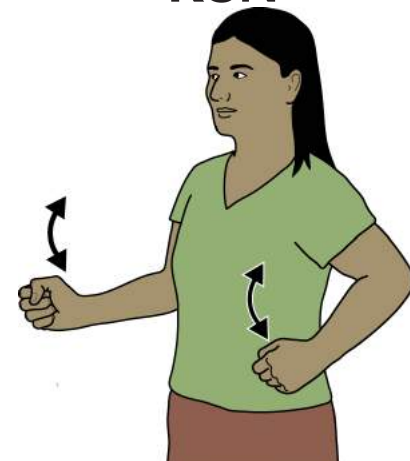
Relaxed arms move alternately forwards and back.

## FOOTBALL



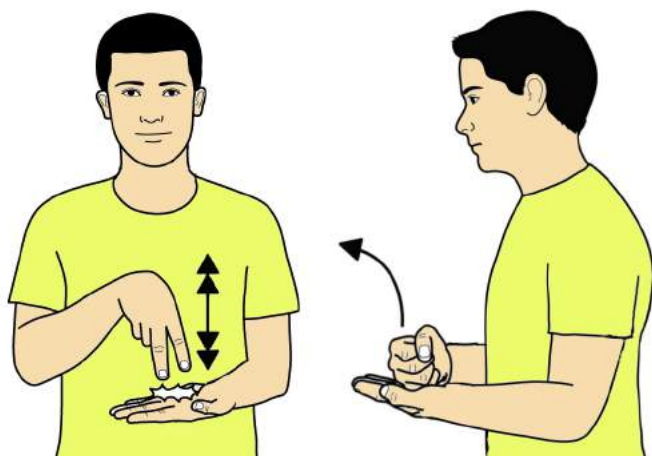
Index hands (palms back, pointing down); working index flicks forwards.

## RUN



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

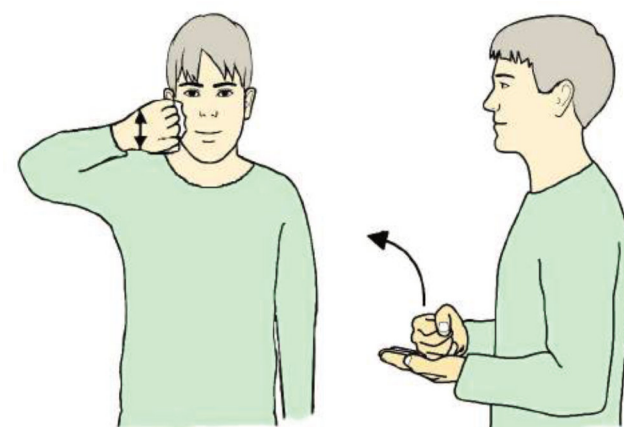
## REBOUND THERAPY



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.



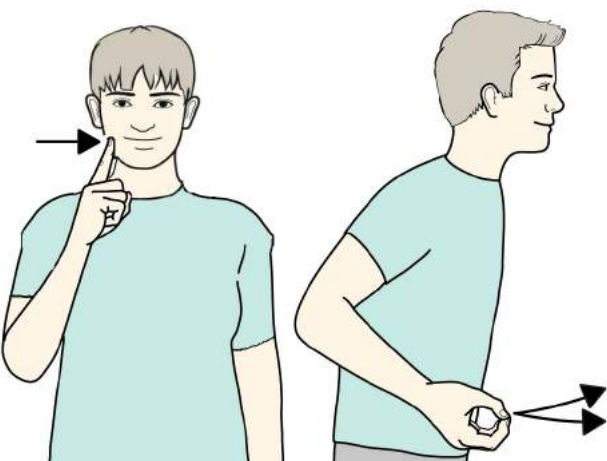
## HYDROTHERAPY



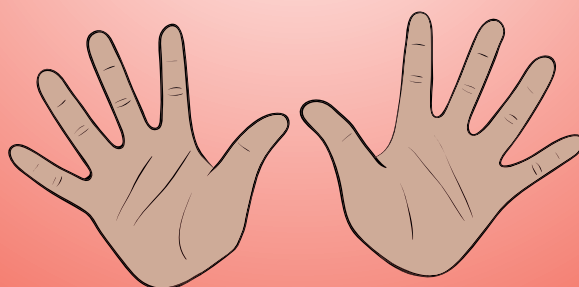
Working cupped hand (palm forward, pointing in) backs of fingers rub up and down against cheek; then blade of working fist rests on supporting palm, formation moves up/forwards.

# 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).

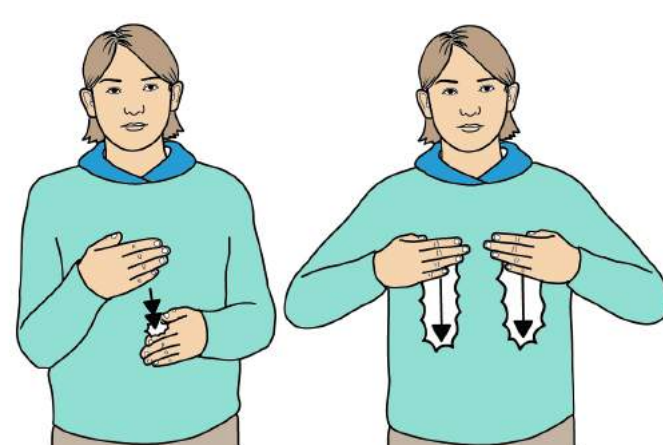


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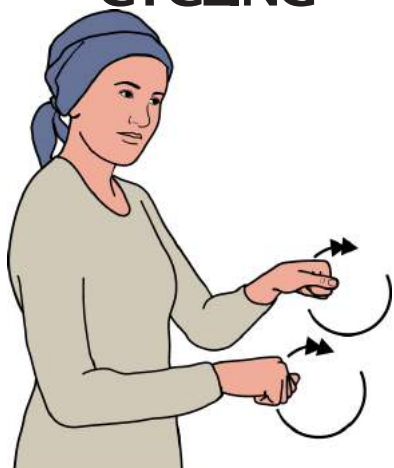
[info@signalong.org.uk](mailto:info@signalong.org.uk)

## 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



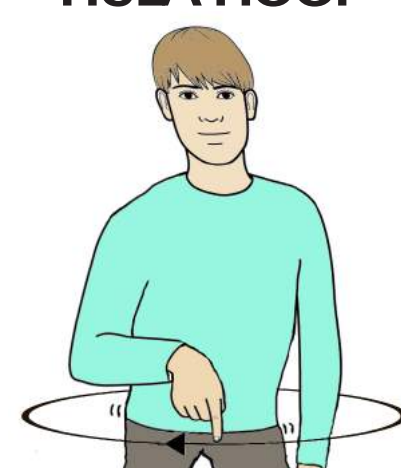
Closed hands together (palms in, pointing forward); with sharp movement working hand pulls back towards working shoulder while supporting hand pulls forwards/out.

## 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.