

HIGH KNEE MARCH AND ROTATE

- Set group up on one side of basketball court or similar.
- Walk raising knees to hip height.
- With a rotation of torso, take elbow to opposite knee.
- Avoid forward lean.

Benefits

- Challenges.
- Balance.
- Proprioception.

Beginners Advice

- Slow the movement down and control each step.

Challenge

- Eyes closed.

Adjustments / What to look for

- Knees raised to hip height, bent at 90 degrees.
- Don't allow legs to cross the midline of the body - take elbow to knee.
- Maintain torso in upright position, long spine and don't collapse at hips.
- Minimise weight transference and shift towards balancing leg.