

Movin & Groovin with Erin



HUMMINGBIRD FLIES



AUTISM SOCIETY

Improving the Lives of All Affected by Autism

Greater Akron



Beginner Hummingbird Flies



Start standing straight with your arms out like a 'T'. Move arms in a circle going forward. Make 10 circles. Repeat the movement 2 times



Start standing straight
with arms out in a 'T'



Begin to move your arms around
in a small circle going forward



Continue the circle around



Continue the circle around



End in starting position
& repeat movement



Intermediate Hummingbird Flies



Start standing straight with your arms out like a 'T'. Move arms in a circle going forward. After 5 circles, switch and make your circles by changing directions and going backward. Then do 5 circles going backward for a total of 10 circles. Repeat this movement 2 times.



Start standing straight with arms out in a 'T'



Begin to move your arms around in a small circle going forward



After 5 forward circles, go back to starting position



Begin to move your arms around in a small circle going backward



After 5 backward circles, go back to starting position & repeat movement



Advanced Hummingbird Flies



Start standing straight with your arms out like a 'T'. Then lift your left leg so you are only balancing on your right leg. Move arms in a circle going forward. After 5 circles going forward, put your left leg down and raise your right leg so that you are only balancing on your left leg. Make 5 more circles. Repeat the movement 2 times.



Start standing straight
with arms out in a 'T'



Lift left leg so you are only
standing on your right leg



Begin to move your arms around
in a small circle going forward



After 5 circles, return to starting position



Lift right leg so you are only
standing on your left



Begin to move your arms around
in a small circle going forward



After 5 circles, return to starting
position & repeat movement