Movin & Groovin with Erin



HUMMINGBIRD FLIES

EXAUTISM 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



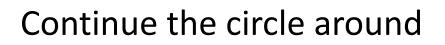


Start standing straight with arms out in a 'T'



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

Continue the circle around



End in starting position & repeat movement









Intermediate Hummingbird

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

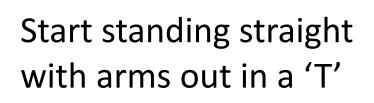
After 5 backward circles, go back to starting position & repeat movement



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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.





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