

# Table Sequence Activity

*Watch the video and read the explanation before answering these questions/statements*

- 1. We usually use a Table to**
  - a) eat and write on**
  - b) stand on**
  - c) dance on**
  
- 2. For the Table Sequence we**
  - a) sit on the table**
  - b) stand on the side of table and stretch our leg on it**
  - c) sit under the table**
  
- 3. For the Table Pose 1, the stretch on the leg is a**
  - a) side stretch**
  - b) front stretch**
  - c) back stretch**
  
- 4. For the Table Pose 1, the upper body bends to the**
  - a) front towards the floor**
  - b) back**
  - c) side towards the toes/foot**
  
- 5. For the Table Pose 2, the arms are**
  - a) down the whole time**
  - b) both lifted up and move with the upper body when you bend forwards**
  - c) stretched to the side**