



Merton Infant School
Dough Gym



Warm Up

Swim

- * Fingers flat/face down – push in front or push to the sides

Lasso

- * Arm at 90 degrees to the side – spin lower arm in lasso motion

Shark tail

- * Link fingers in from of the chest and use wrists to flap forwards and backwards in a tail motion

Shark teeth

- * Link fingers in from of the chest and pull away and together – wiggle fingers

Milk the Cow

- * Arms out straight/ make a fist / thumb up/ move up and down / straight arms

Jazzy hands

- * Elbow close to the body / shake hand in and out / one at a time or both

Around the world

- * Pick up the dough and make the largest circle your arms can make / holding the dough

Dough Gym

Diving squeeze

- * Bring the arm right over your head and squeeze the dough one at a time (big shoulder movement)

Low Squeeze

- * Squeeze the dough in front of you

Finger dive

- * Bring the arm right over your head and poke the dough with your chosen finger (big shoulder movement)

Finger push

- * Poke the dough in front of you with your chosen finger

Chop

- * Chop dough with strong hands

Roll

- * Roll the dough with long movements or short movements

Crab

- * Pinch the dough with your thumb and all your fingers

Pull

- * Pull the dough apart and move your arms out to the side up to shoulder height

Dough Lift

- * Pull the dough apart and move your arms out in front of you to shoulder height and alternate

Pinchers

- * Pinch the dough between only 2 fingers

Strong man

- * Pull the dough apart and move your arms out to the sides at a right angle / pull down and squeeze the dough

Have fun and take lots of photos to update your class web page!