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Co Ordination

Balance

Agility

Core

Spatial Awareness

Cardio

Equipment:

Benches

Watch for

Quality of movement,
ability to problem solve
spacial awareness

Ability to lie flat

Ability to listen
Ability to follow
instructions

BENCH GAME – students stand randomly on a bench. They must then arrange themselves into alphabetical order without stepping off the bench

Supine Work

1. Roll the head gently from side to side.
2. Lift the head up to look at toes.
3. Move limbs on the floor (Angels in the Snow) move on command e.g. one arm, both legs—later include left and right commands.
4. Raise arms above the body move to circle/ touch together/ touch knees, hips, shoulders/ touch floor at the side/ above head/ next to hips.
5. Move legs raised off the floor.
Lift one leg to a right angle
Lower straight
Touch the floor on the same side then touch floor on the opposite side
Lift both legs up and pedal bike
Flex knees, grasp with both arms and roll side-to-side
Hold toes: rock side-to-side and head to bottom
Walk around the hall on heels.



RELAXATION:

- Ask students to lie on their backs with eyes closed
- Tense and relax (3 seconds) their limbs individually starting from the feet, legs, arms, hands/ fingers, stomach, shrug shoulders up/ down.
- Deep breathe in through the nose and slowly out through the mouth X 3
- Stretch the arms above the head, count to 5
- Slowly sit up
- Slowly stand up
- Big stretch, arms up, shake off

