

# 2

Co Ordination   Balance   Agility   Core   Spatial Awareness   Cardio

## Equipment:

Rings  
beanbags  
balls  
parachute  
bench

## Watch for

Quality of movement

Ability to move one limb  
without the rest of the body following.

Ability to lie flat

Ability to listen

Ability to lie still

**Starters:** Hokey Cokey, YMCA, Cha Cha Slide



## **Supine/Prone**

- ☑ Stretch to full size
- ☑ Flex to smallest size
- ☑ Form a circle still lying down, pass beanbags, rings, balls hand to hand. Send one ball round the circle clockwise, then a second ball/ beanbag/ring anticlockwise. If a rhythm is established then other equipment may be introduced.
- ☑ Prone and supine
  1. Roll the head from side to side.
  2. Lift head to look at toes.
  3. Move limbs on the floor (Angels in the snow)
  4. Move legs raised off the floor:
    - ☑ Lift one leg up to a right angle
    - ☑ Lower straight/touch floor on the same side/touch floor on the opposite side/bend knees and straighten
    - ☑ Lift both legs pedal a bike.
    - ☑ Grasp knees with both arms and roll side to side.
    - ☑ Hold toes: rock side-to-side and head to bottom
    - ☑ Straddle a bench and jump along to the end

## **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.
- Slowly sit up, Slowly stand up, Big stretch, arms up and Shake off

