

3

Co Ordination Balance Agility Core Spatial Awareness Cardio

Equipment:

Balls, beanbags, rings,
taped/marked line

Watch for

- Who can maintain the full prone extension?
- Impossible
 - Brief
 - Flexion at the hip

Body moving as a whole to roll

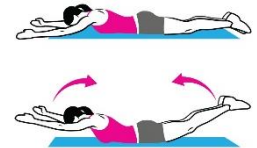
Leading with the head,
Shoulder or hip when rolling

- **SILENT BALL GAME** then passing ball with students shouting names
- Walking toe to heel along a straight marked line

Children to lie on their front (in prone)

- Lift arms and head—'Superman' position (count of 10)
- Lift arms, head and legs (count of 20)
- Lying on their back - In a circle pass beanbags/balls from left hand to right hand around the circle, reverse and add ball/beanbag to make it harder.
- Lying on the floor hold a beanbag above the head and roll across the floor.
- Rolling across the floor—relay.
- Relay—commando crawl
- More of the prone and supine games from last few weeks

Superman



RELAXATION: under parachute

- 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

