

4

Co Ordination Balance Agility Core Spatial Awareness Cardio

Equipment:

Beanbags
mats
rope
parachute

Watch for

Quality of movement

Rolling straight or even?

Commando crawl; body flat on floor?

Ability to listen

Follow my Leader Game – students to lead on a certain movement. Music required

- Rolling with/without beanbags—roll across the floor, along a series of mats, along a line on the floor - individually or as a relay to fetch and deliver beanbags, toys etc.
- Two adults hold a rope and ask students to listen to instructions such as Commando crawl under the rope, over the rope, roll under, put one hand over, one hand under, hand and leg over or under.....
- Two adults hold the rope shoulder height and students limbo under the rope, lowering if student successful.
- Parachute games



RELAXATION:

- Students to tense limbs (ten seconds) then go floppy and lie still for 1 minute.
- 3 mins lying under the parachute – calming music to be played

