

5

Co Ordination Balance Agility Core Spatial Awareness Cardio

Equipment:

Gym ball
Beanbags
Balls — variety of sizes

Watch for

Quality of movement
Ability to listen
Ability to balance in sitting

- Lying or sitting – pass the beanbags over head, under leg.
- Standing in a circle throw a large ball to each other, around the circle in a clockwise direction. Anyone may change the direction of the ball by saying the word ‘change’
- Ball games in sitting—in a circle: pass a large ball, smaller ball and a beanbag around the circle using two hands.
- Increase the amount of balls going around the circle, gradually building up to a maximum of 4 different balls/beanbags.

Students to decide on dance music routine.

RELAXATION:

- Ask students to decide on a relaxation session, choice of music.
- Each student to take a lead of different techniques.



