

6

Co Ordination

Balance

Agility

Core

Spatial Awareness

Cardio

Equipment:

Cup and balls

Watch for

Ability to keep still

Keep the sequence of movement going

Good co-ordination

PART 1:

Musical Statues

PART 2:

'oops upside your head'

Cup and ball, make a sequence of 10 catches or more

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



