

PLAN A

Co Ordination

Balance

Agility

Core

Spatial Awareness

Cardio

Equipment:

Footballs
Balancing discs
Stopwatch
Bucket stilts

Introduce:



Mountain Yoga
Pose

PART 1:

SIT UPS

- Lying on back knees bent, hands slide up the thighs as shoulders lift

PLANK – how long can you hold the position?

- On knees or toes
- On elbows or hands – directly underneath the shoulders

PUSH UPS

- Against the wall x 10
- On floor – on knees or toes

SIDE BENDS

- Hold ball in two hands above head and bend to the left and right x 10
- Hold ball in two hands waist height and twist to the left and right x 10

PART 2:

- Balancing on the disc – How long?
- Jumping whilst on the disc – how many jumps can you do? How long?
- Walking/ balancing on the bucket stilts

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