

# PLAN B

Co Ordination

Balance

Agility

Core

Spatial Awareness

Cardio

## Equipment:

Peacock Feathers

## Introduce:



Tree One Yoga  
Pose

### **PART 1:**

#### BAKED BEANS GAME

Leader calls out name of a bean and students do the actions.

- Runner beans – run on the spot
- Broad beans – star
- String beans – feet together, arms together above head, stretch
- Jelly beans – shake
- Beans in a can – curl up into a ball
- Mexican beans – kicking legs up in front
- Frozen beans - stand still
- Beans on toast – lie down on the floor

### **PART 2:**

#### FEATHER BALANCING

Keep your eye on the eye of the feather

- Balance on palm / finger
- Jump from palm to palm
- Jump from elbow to palm
- Jump feather to a partners palm

### **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