

PLAN C

Co Ordination

Balance

Agility

Core

Spatial Awareness

Cardio

Equipment:

**Tunnel
Cones**

Introduce:



**Tree Two Yoga
Pose**

PART 1:

Students find a space

- Big arm circles forward and back
- Arms open chest height and diagonal left and right
- Legs, open the gate and close the gate left and right x5 each side
- Side bends left and right x 5 each side
- Hip swivels x 5 left and right
- Ankle rolls x 5 left and right
- Wrist rolls x 5 left and right
- Hands on shoulders alt elbow rolls forward and back, slow then fast, repeat backwards

PART 2:

Circuit

Set up a circuit using the tunnel and cones

Example:

- Crawl through the tunnel
- Commando crawl through the tunnel
- Hoping between cones
- Crab crawl / bear crawl

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