

PLAN D

Co Ordination

Balance

Agility

Core

Spatial Awareness

Cardio

Equipment:

Ankle skips
Spinning Plates

Introduce:



Warrior 1 Yoga
Pose

PART 1:

Students find a space

- Ankle skip on left foot
- Ankle skip on right foot

PART 2:

Students find a space

- Plate spinning

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