

# PLAN E

Co Ordination

Balance

Agility

Core

Spatial Awareness

Cardio

## Equipment:

Large balls x 1,2,3

## Introduce:



Warrior 2 Yoga  
Pose

### **PART 1:**

In the Pond

Students in a circle kneeling on their heels, leader gives out the commands and the students follow.

- In the pond – hands on the floor
- On the bank – hands on the knees
- In the tree – hands on shoulders
- In the sky – hands waving in the air

Mix and match the above, try to catch out, change leader, say the commands or see if the students are able to follow without verbal communication.

### **PART 2:**

Circle ball

Students stand and form a circle facing in

- pass ball around
- throw and catch the ball

students sit / stand alternate facing in and out of the circle

- pass ball to next person twisting from the waist ( left then right)
- pass ball to next person leaning from the waist, ball above the head (left then right)

Add two / three balls

### **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