

# PLAN F

Co Ordination

Balance

Agility

Core

Spatial Awareness

Cardio

## Equipment:

Quoits  
Cones

## Introduce:



Warrior 3 Yoga  
Pose

### **PART 1:**

Balance a quoit on your head

- Standing
- Stand to sit to stand
- Turning left / right
- Walking forward / backwards

Balance a quoit around ankle, left / right

- Sit to stand to sit
- Hop and turn

Balance a quoit on your shoulder, left/ right

- Stand to sit to stand
- Walking
- turning

### **PART 2:**

Students In partners, cones placed in front, apart

- Jog around cones clockwise/ anti clockwise
- Hop around cones left / right, clockwise / anti clockwise
- Crab crawl forward and backwards from one cone to the other
- Long jump forward to cone and shuffle back x 2
- Side squat from one cone to the other x 3

### **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