

# PLAN G

Co Ordination

Balance

Agility

Core

Spatial Awareness

Cardio

## Equipment:

Scoops / balls

## Introduce:



Standing forward  
bend Yoga Pose

### **PART 1:**

Simon Says

### **PART 2:**

Scoop Ball

Students in partners

- Scoop ball to a partner, standing – count number of catches
- Scoop ball to partner, kneeling – count number of catches
- Scoop ball as above but use other hand

Students form a circle

- Use 1 ball, scoop ball across circle, call name of person ball is going to (standing/kneeling)

### **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