

PLAN H

Co Ordination

Balance

Agility

Core

Spatial Awareness

Cardio

Equipment:

Agility ladder
Ball each

Introduce:



Cow Yoga Pose

PART 1:

Body Commands

- Front – lie on front
- Back – lie on back
- Sit – sit with legs crossed
- Stand – stand up straight
- Arch – onto hands and knees
- Star – do 5 star jumps
- Squats – do 5 squats
- Turtle – lie on floor on back with hands and feet in the air
- Tunnel – find a partner and link hands and raise in the air to form a tunnel

PART 2:

Agility ladder

- stepping in and out - forward
- Hopping forward, left foot, right foot
- Sideways
- Hopscotch
- Bounce a ball in each square whilst moving forward
- Bounce ball in each square whilst moving side ways
- In partners standing either side of ladder and bouncing ball in squares to partner whilst moving along the ladder

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