

# PLAN I

Co Ordination

Balance

Agility

Core

Spatial Awareness

Cardio

## Equipment:

Stop watch  
Cones

## Introduce:



Cat Yoga Pose

### **PART 1:**

- Jog on spot x 20 seconds
- Jog knees high x 20 seconds
- Jog heels to bum x 20 seconds
- Star jumps x 20 seconds
- Squats x 20 seconds
- ( 10 seconds rest in between each exercise)

### **PART 2:**

Domes and Dishes

- Split group into two teams – domes and dishes
- Set out cones randomly – domes and dishes
- Set off both teams and allow a time for them to turn the cones
- At end of time count how many domes and how many dishes, the most is the winner

### **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