

PLAN J

Co Ordination

Balance

Agility

Core

Spatial Awareness

Cardio

Equipment:

Elastics
Juggling scarves
balls

Introduce:



Downward facing
dog Yoga Pose

PART 1:

French skipping

- Split group into 3's or do as a whole group
- Elastic goes around ankles of two students
- One student in the middle of the elastic, song sang as student tries to step on the elastic and jump outside and inside
- Rotate students around
- Elastic moved up to knees, thighs

Song: England, Ireland, Scotland, Wales, inside, outside, inside on (elastic trapped underneath feet.)

PART 2:

Juggling

- Scarves
- 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