Equipment:

Elastics

Juggling scarves

balls

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.)

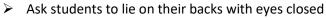
PART 2:

Juggling

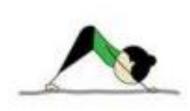
- Scarves
- Balls

Introduce:

RELAXATION:



- > 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



Downward facing dog Yoga Pose