

PLAN K

Co Ordination

Balance

Agility

Core

Spatial Awareness

Cardio

Equipment:

Balls – 1 each
Hoopla
Catch a cup

Introduce:



Cobra Yoga Pose

PART 1:

Partners

- Partners stand and face back to back
- Pass a ball around to the left x 5
- Pass ball around to the right x 5
- Pass ball under legs and over head x 5
- Mix and match around to the left, around to the right and under and over x 5

On own

- Lie on back and pass ball hands to feet x 5
- Sitting, legs bent, twist ball left and right x 6
- Sitting with hands behind on floor for support, put ball between feet and tuck legs in and out x 5

PART 2:

Hoopla and catch a cup

- Rotate students between hoopla and catch a cup

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