

PLAN L

Co Ordination Balance Agility Core Spatial Awareness Cardio

Equipment:

NONE

May wish to write down commands on separate card.

Introduce:



Superman Yoga Pose

PART 1:

Chinese Whispers

PART 2:

Pirate Ship

- Group activity
- Leader calls out commands and the group follow
- Captain coming – stand to attention and salute
- Scrub the deck – kneel down and pretend to scrub the deck
- Stem – move to the back of the room
- Port – move to the left side of the room
- Star board – move to the right side of the room
- Climb the rigging – pretend to climb up the ladder
- Row the boat – find a partner, sit and face each other, hold hands and row the boat
- Man over board – lie on floor on front and pretend to swim

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