

PLAN M

Co Ordination Balance Agility Core Spatial Awareness Cardio

Equipment:

Student to select their own equipment according to activity/exercise

Introduce:



Meditation Yoga Pose

PART 1: Students to choose their own warm up activity/game

PART 2:

Students to decide on a ball game that will challenge one another

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



Half Lotus Yoga Pose