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|  **Area** | **Activity**  | **Student** | **Student** | **Student** | **Student** |
|  **Warm up** | Shoes and socks off and stretching all body parts**BEANS GAME**All move around the room and respond when different types of beans are called. \*Runner Bean \* Jelly Bean \* Frozen Bean |

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|  **Arms & Shoulders**balloon tennis.JPG | **BALLOON BADMINTON**Ask student to move into high kneeling position, hand them a racket and balloon and remind them not to sit back. Try to hit the balloon back and forth while maintaining high kneeling position. |

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| **Core / Trunk** |  **BALLOON KEEP ME UP’S** Give the student a balloon - ask them to keep it up off the floor using every body part they have except their hands |

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|  **Motor Planning**  | **WALKING THE LINE**Tape a straight line on the floor ( 5m +)Ask students to walk along the line –ensuring their heel touches their toeIf the Student can do this, ask them to repeat backwards |

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|  **Cool down**  | **1,2,3 Freeze**Students all sit in a circle around the TeacherTeacher says ‘1,2,3 Freeze’ –everybody must stay still.Each time they somebody moves, they are out until one person is left |

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