|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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 | |  |  |  | | --- | --- | --- | |  |  |  | | |  |  |  | | --- | --- | --- | |  |  |  | | |  |  |  | | --- | --- | --- | |  |  |  | | |  |  |  | | --- | --- | --- | |  |  |  | |
| **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. | |  |  |  | | --- | --- | --- | |  |  |  | | |  |  |  | | --- | --- | --- | |  |  |  | | |  |  |  | | --- | --- | --- | |  |  |  | | |  |  |  | | --- | --- | --- | |  |  |  | |
| **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 | |  |  |  | | --- | --- | --- | |  |  |  | | |  |  |  | | --- | --- | --- | |  |  |  | | |  |  |  | | --- | --- | --- | |  |  |  | | |  |  |  | | --- | --- | --- | |  |  |  | |
| **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 toe  If the Student can do this, ask them to repeat backwards | |  |  |  | | --- | --- | --- | |  |  |  | | |  |  |  | | --- | --- | --- | |  |  |  | | |  |  |  | | --- | --- | --- | |  |  |  | | |  |  |  | | --- | --- | --- | |  |  |  | |
| **Cool down** | **1,2,3 Freeze**  Students all sit in a circle around the Teacher  Teacher says ‘1,2,3 Freeze’ –everybody must stay still. Each time they somebody moves, they are out until one person is left | |  |  |  | | --- | --- | --- | |  |  |  | | |  |  |  | | --- | --- | --- | |  |  |  | | |  |  |  | | --- | --- | --- | |  |  |  | | |  |  |  | | --- | --- | --- | |  |  |  | |