

Hold hands and walk backwards to make a big circle. Then sit down.

Pass the beanbag around the circle in one direction, counting forwards.

When I blow the whistle, change direction and start counting backwards from the number you got to.

Change direction again when the whistle is blown and start counting forwards from the number you got to.

Can you do it with more than one beanbag going in different directions?

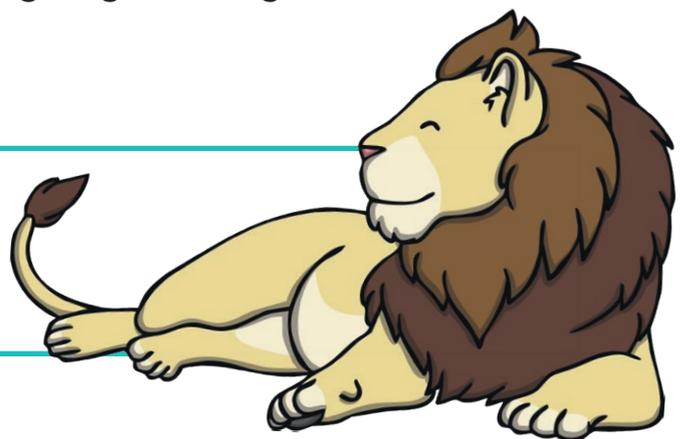


It's time to cool down now after all of our hard work.

Pretend you are a tired lion! Lie down on the floor and relax. Imagine you are a sleeping lion.

I will walk around the space and quietly and gently tap someone on the shoulder. That person should quietly get up and tap someone else on the shoulder, then line up ready to get changed.

This will carry on until all the lions have woken up!



In this game, you need to pretend to be different Mr Men, and move around the space like the different characters.

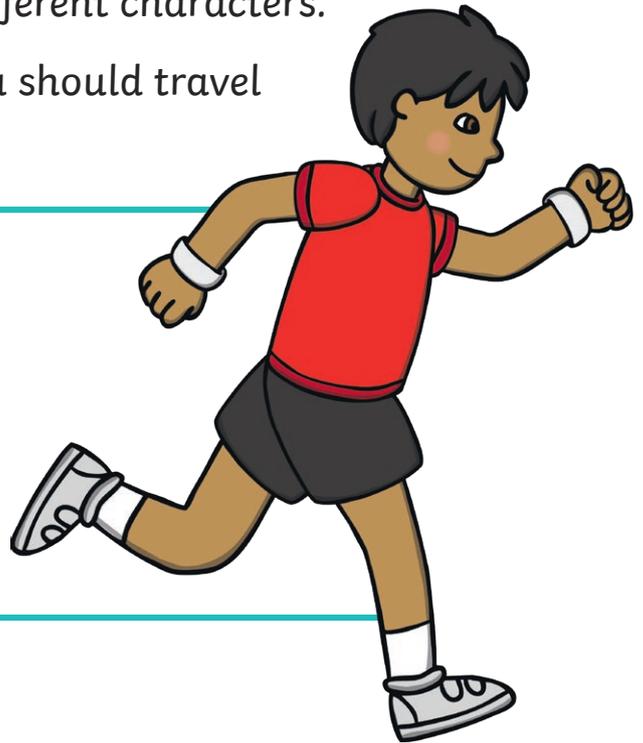
When I say the name of a Mr Man, you should travel around the space in a particular way.

Mr Slow = Walk slowly

Mr Fast = Run around

Mr Bounce = Jump around

Mr Small = Crouch down and walk



First, we need to all get into a circle. When your name is called, clap.

Then catch the foam ball as I throw it to you.

If you catch once, go down on one knee.

If you catch twice, go down on both knees.

If you catch again, sit on your bottom.

If you catch again, lie on your stomach.

Who can lie down first?

Can they still catch the ball?

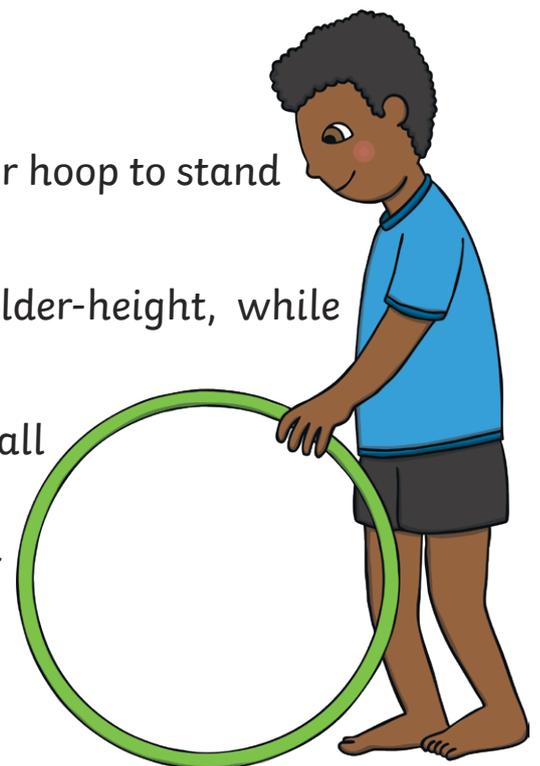


- Everyone needs to stand in a line.
- I will stand some distance away and turn my back to you.
- You creep towards me.
- When I turn around, anyone caught moving lines up.



How To Play:

- Find a partner.
- You will each need a large ball and a spot or hoop to stand in, placed a few paces apart.
- Hold your ball at arms-length and shoulder-height, while standing on your spot.
- When the teacher says to, push your ball towards your partner.
- The first one to knock their partner out of their hoop, or off their spot, is the winner.



Play this game to cool down.

Walk around the space and listen out for the different types of pasta that I call out.

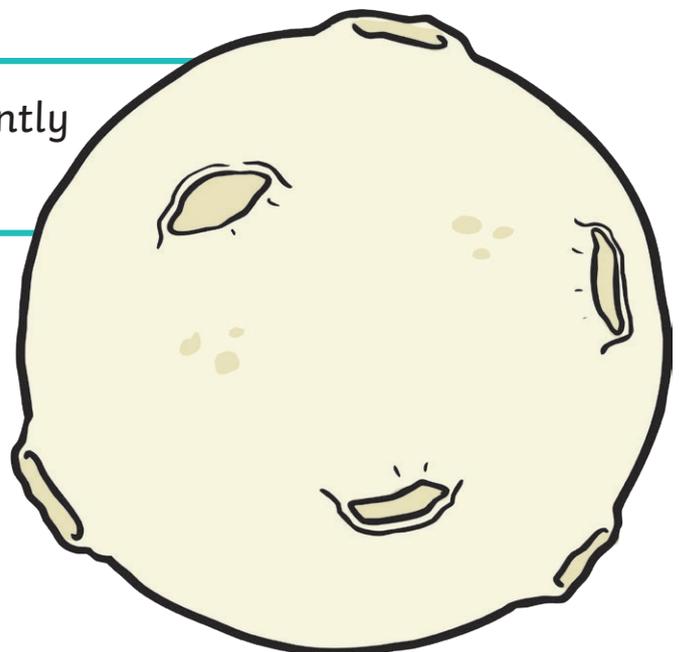
Each type of pasta has a different action for you to do.

Actions

- **Spaghetti** - Stretch your arms up to make yourself as tall as possible.
- **Pasta twirls** - Spin around on the spot.
- **Lasagne** - Lie flat on the floor or stretch out as wide as possible.
- **Macaroni** - Make a circle with your hands.
- **Ravioli** - Stand back to back with a partner.

You have landed on a planet with a big gravitational pull. Move with heavy, slow movements to line up.

How would you move differently on the Moon?



Can you pretend to put your pyjamas on?

Lift each leg to pretend to put your pyjama trousers on, then stretch each arm to put your pyjama top on.

For the next stretch, imagine it is bedtime! Pretend to get into bed and relax.

Lift your legs to get into bed, and use your arms to pull up your imaginary covers.



Find a space and stretch up tall with long arms on tiptoes.

Slowly roll down to touch your toes.

Then very slowly come up to standing again.

Stretch out to one side with your arm and then the other, keeping your body central.

Now do it again.

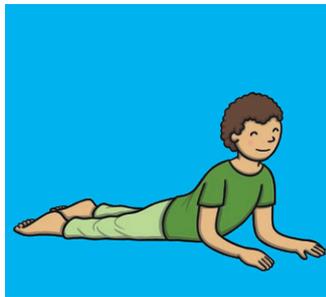
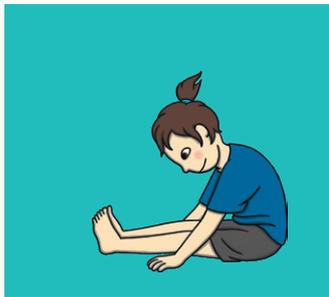


Stretch up to the ceiling, down to the floor, out to the side and the other side.

Sit down. Put your legs out in front and fold yourself over curving your back, stretching your lower back.

Now lie on your front, legs together, resting on your elbows and lift up your chest, curling backwards and stretching your back the other way.

Finally sit on your bottom, put one leg over the other, bend your knees and reach around the other side to get a stretch through your waist.



You have used your arms a lot, so let's complete a cool-down for them.

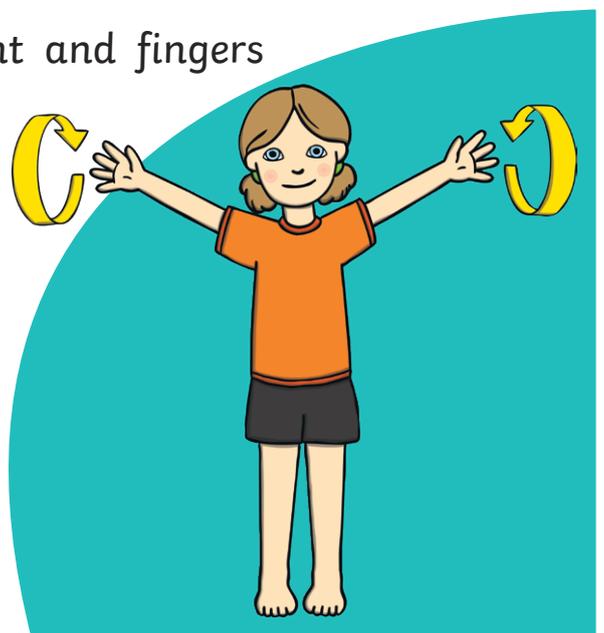
Stand with your feet hip-width apart and knees slightly bent.

Arms stretched out at shoulder height and fingers pointing outwards.

Rotate your arms backward.

Remember to take deep, slow breaths.

Change direction and rotate your arms forward.



It is morning and you are the Sun rising in the sky. Curl up in a ball and slowly stretch up tall, taking your arms in a high arc over your head and down to your sides. Do it again.

How do you feel after dancing?



We are going to follow the straight and curved lines on the floor.

Carefully place one foot in front of the other and put your arms out to the side if you need help to balance.

Can you run along the lines?

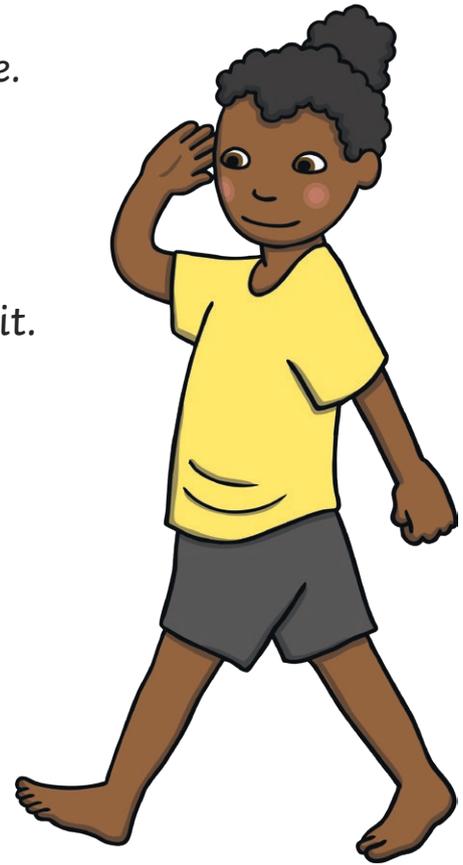
Remember to take deep, slow breaths.



Get into groups of 5 or 7 and form a 'V' shape.

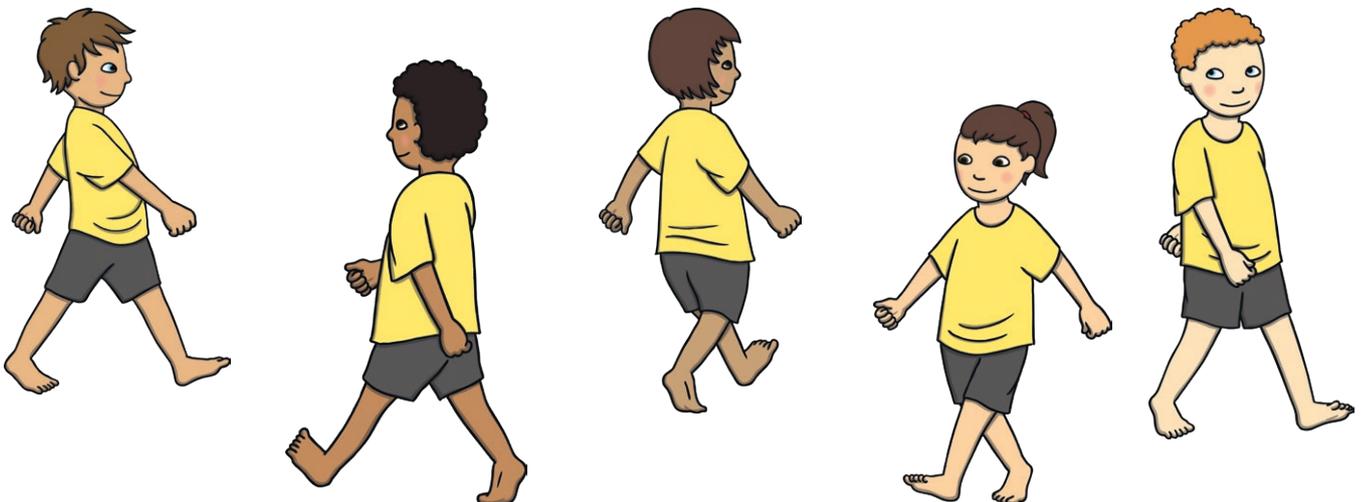
Can you march and hold your formation?

March in your shape to the line and file into it.



Move slowly around the space. Travel in different ways, moving your arms as well as your legs.

I will wave my magic wand! When I say 'Abracadabra', you should freeze like a statue and hold your position. Try not to move!



Pretend to be a ball. Bounce and roll about the hall.

When the teacher shakes the tambourine bring yourself to a gradual stop. Let your air out with a big breath and deflate until you are lying flat on the floor. Take another deep breath in and very slowly let it out.



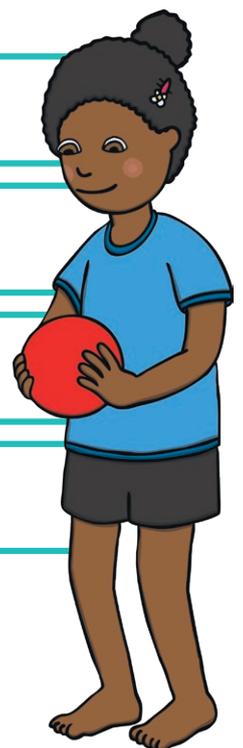
Imagine you have a ball in your hands.

How would you bounce the ball kneeling?

How would you bounce the ball sitting down?

What would bouncing the ball on one leg look like?

What would bouncing a ball as hard as you can look like?



Stand in a space. Make sure you are not too near other people.

Listen out for the following instructions, and follow each one as you hear it.

Kick it - carefully kick out in front of you.

Twist it - twist your body half way round and then back, keeping your feet in the same place on the floor.

Spin it - turn round in a circle.

Pull it - imagine you are pulling two levers down from above your head.

Jump it - jump in the air.

In this cool-down, one person will be chosen to be 'Simon'.

'Simon' will say and perform a movement, such as 'Simon says do arm circles', or 'Simon says do star jumps'.

All other players must copy the movement.

Players should try not to copy the action if the leader does not say 'Simon says...' If they do, they should perform 5 star jumps as a forfeit!

Different people can take on the role of 'Simon' throughout the game.

