# Year 7 to 10 physical activity – lesson 1

View video at: <https://youtu.be/XNzNPt7M0qg>

## Video transcript

Hello everybody my name is Matt. I'll be taking our learning from home physical activity lesson for today. Our first lesson is going to be on coordination now coordination is the ability to use different parts of the body together smoothly and efficiently and to warm up for that we're going to start off with some yoga.

So if you want to join along with me we're going to find a nice clear area in front of us. Reaching up to the sky on our toes we're going to bend forward from here walking out into a push-up position. Excellent. Hips are going to come up we're going to pedal our feet, heels to the ground. Excellent, now back through chest up to the sky feel our abs stretching out coming back to our push-up position we're going to bring our left foot forward to our left hand and from here left hand comes up open up the chest. We do that three times, each time getting a little bit further and our last time going as far as we can.

Okay right knee is going to come to the ground straighten out the left leg leaning forward alrighty now feet together and standing up. Okay we're going to go through one more time so reaching up to the sky bending forward walking out to that push up hips up to the sky pedal the feet chest comes through head up and this time we're going to go left foot right foot forward to our right hand and then once again opening up getting a little bit further each time and one more. All right left knee to the ground, straighten the right leg. Excellent. Feet together and hopping back up.

Okay now that we're a bit more warm we're going to get into some more coordination based exercises so starting off we're going to have one hand on our tummy, other on our head. Going to be rubbing our tummy patting our head and from here try and do that on one foot and switch feet. Okay now trying it opposite way so right hand on the tummy left hand on the head and switching feet. Wonderful.

Okay our next activity can have both our arms out in front of us. One's going up and back others going around this way trying to get opposite starting nice and slow. I'm going to get faster and faster excellent now trying the other way. All right we've got one more activity and that's going to be foot out in front you're going to go clockwise circles now with your hand you want to try and draw 6. Now trying to move both your feet at the same time it's going to be really tricky really have to think about it here let me try that one on the other side now clockwise circles with the feet and drawing a 6 really having to think about it. Excellent.

All right now that we've done that we can move on to our main activity. All right now that we've finished our warm-up we're going to be getting into our main activity so starting off we're going to be doing some juggling games we're going to start with our roll of toilet paper juggling that after that we're going to need a bunch of balloons if you can blow up six or seven balloons and bring them back if not grab some tissues we can use them. So starting off with toilet paper we're just going to start with a single hand throw and catch. Now we're going to do 10 of these after this one we're going to get down and do a figure 8 so starting slow passing around in between the legs and then getting faster and faster. After we've done that we're going to go back the other way so around the leg between once again quicker and quicker. All right once we've done those ones we're going to do throw between the legs so bring out one leg throw it underneath just like that starting off again nice and slow getting quicker and quicker. So we've done 10 we're going to be moving on to our next one which is going to be throwing behind the back it's going to throw behind the back catch in the opposite hand.

All right next up we're going to take our toilet paper roll holder behind our back and try and throw it over the top of our head so with both hands lean forward throwing it up and catching so once you throw it up looking up in the air make sure you spot it and catching the front. Wonderful! All right our next one is going to be throwing spinning and catching so make sure you spin to the left then spin to the right the next time we don't want to get too dizzy throwing it up spin and catch. Just like that we're going to do 5 each side.

All right next up we've got catch and clap so this will be our final one with the toilet paper. I’m going to catch clap once clap twice and see how many you can get done. So that's 7 for me.

All right moving on to our next activity we've got a balloon juggle. So I've got my balloons that I've prepared earlier. For this activity you're going to throw a balloon up in the air and using any part of your body keeping it up in the air. We're going to do 3 hits per balloon so I'm going to be starting off with the 1 so 3 hits for this 1 balloon so 1 2 3. Now if you don't have balloons you can use something like tissues that are going to fall a little bit slower than a normal ball would. So now with the 2 balloons 1 2 3 4 5 6 so that's 3 hits per balloon.

Now after the 2 we're going to bring in a third now the more balloons we have the more tricky it's going to get 6 7 8 9, that's three hits per balloon bringing in a fourth it's three hits per balloon with my 4 balloons now this is getting really tricky. I'm going to try and bring in a fifth down hard to get started with 5. Oh that's too many for me so see how many you can do and just think about what we can do to make this activity easier. Now it got really tricky for me when the balloons started spreading apart so try and keep them together as much as possible all right so once we've tried that first activity we're going to come back for a little bit of a challenge. So i was able to keep up 4 balloons for the 12 hits so we're going to try it next is going to be keeping up 4 balloons for as long as possible so if you want to set a timer for this to get yourself a bit of a score you can try it a few times see if you can beat yourself.

If you don't have balloons or if you want another extra challenge you can use tissues they're going to fall a little bit quicker but see how you go with that after that we're going to come back for our cooldown.

All right excellent job with those activities. We're going to move now into a bit of a cool down so if you want to try and grab a towel or yoga mat something comfortable to lie on and then we'll get started. So once we've got our towel just going to take a seat laying down on our back now for this activity we're going to be focusing on our breathing so if you want to put one hand across your chest other on your stomach and we're going to breathe in. When we breathe in feel the stomach rise breathing out you're going to feel that stomach come back down.

So this activity is called box breathing now if you think about the shape of a box we're going to be breathing up and in holding breathing out and then holding with all that air out so if you want to follow along with me I'm going to breathe in for 5 seconds then we're going to hold that breath in for another 5 seconds breathing out for 5 and hold for 5 breathing in hold breathing out and hold breathe in hold. Breathing out and hold in hold and out and hold in hold and out hold breathing in and hold feel a little bit of tension release from the body as we start to calm down. Yeah so your muscles get loose breathe in and out.

All right great job there we should have felt our heart rate start to kind of lower bring ourselves back down to where we were before we started these activities.

Great job today I look forward to seeing you all tomorrow!

**End of transcript.**