

30 PE Cool Downs



30 PE Cool Downs - Stretches

Stretches

Hold a stretch for a count of 10, breathing in and out slowly.



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Arms

Stretch right arm across the front of the body pushing it just above the elbow with the left hand towards the body to increase the stretch. Turn head to look over right shoulder. Repeat for left arm.

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30 PE Cool Downs - Stretches

Arms

Clasp hands in front of body then turn hands upside down and stretch arms above the head pushing the palms up towards the sky.

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Arms

Clasp hands behind the back and lift as high as possible keeping the arms straight.

Legs

Bend right leg and pull foot towards bottom with the left hand to stretch out the quadriceps. Repeat for left leg.

Legs

Stretch the right leg in front with the heel on the ground, bend the left leg for balance and bend forward from the hip to stretch out the hamstring and calf. Repeat for the left leg.

Legs

Stand with legs just wider than hip width apart. Bend from the hip, keeping back flat and legs straight, aiming to touch right foot, left foot then floor in the centre. Relax the head and neck allowing the weight of the head to increase the stretch.



Stomach

Sit on the floor with legs stretched out as wide as possible while keeping them straight. Reach right hand up and over the head to reach towards the left foot. Repeat on the other side. Next, place hands on the floor and walk the fingers along the floor as far as possible keeping legs straight and back flat.

Stomach

Children lie down on their backs with feet on the floor and feet and knees together. Allow the knees to drop towards the floor on the right side and reach arms towards the floor on the left to gently twist and stretch the body. Repeat on the other side.

Back

Sit on the floor with legs together stretched out in front. Bend from the hip, reaching hands forwards as far as possible to hold foot, calf or knee.

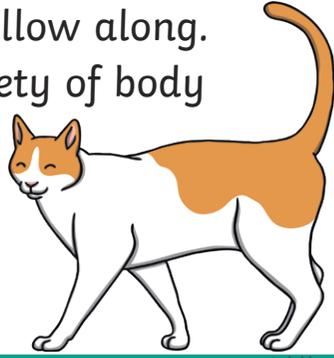
Whole Body

Lie on back, flat on the floor, eyes closed. Speak the children through a series of stretches for arms/fingers, legs/toes, hips, shoulders, neck, stomach allowing them to tense, stretch then relax each muscle group in turn. Finish with focus on breathing slowly in and out, whole body relaxed.



Slow-Motion Copycat Dance

Children work in pairs to think of a dance move and perform that move in slow-motion to their partner who must copy it and follow along. Encourage children to use a variety of body parts/ movements in their slow-motion dances.



To the Beat of the Drum

Use a percussion instrument and tap out a beat, starting fast and gradually getting slower and slower. Children move around the space to the beat of the drum. You may wish to call out different body parts or movements for children to focus on as they move, e.g. arms, skip.



Horses and Jockeys

1. Pair up the children and have them stand in a whole class circle next to their partner. Children decide who is to be the horse and who is to be the jockey. The horses stand still in the circle and the jockeys travel clockwise around the circle in a manner prescribed (run, walk, hands and feet, hands on knees etc.) When the teacher calls 'Start the race' the jockeys must continue travelling clockwise back to their horse.

Horses and Jockeys

2. The last jockey to get back to their horse is out, along with their horse. Then swap horses and jockeys for the remaining players and repeat. The game can continue until only one winning pair remain.



Statues

Children move around the space using a variety of movements before a spell is cast and they slowly begin to turn to stone. Their movements should get slower and more laboured until they come to a complete stop, frozen like a statue.

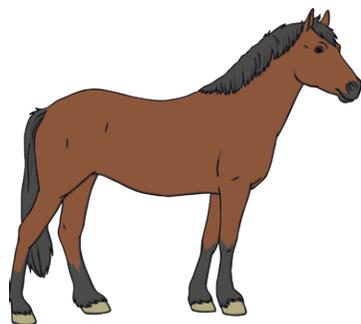


Follow the Leader Five Laps

This can be performed as a whole class or in smaller groups as preferred. One child is the leader and completes a lap of the space with others following while copying their movement. The movement performed for each lap needs to get slower and less vigorous. Different leaders can be chosen for each lap.



Horse Ride



Talk the children through a horse ride. Children can mount the horse, walk then trot, canter and gallop. Then slow back to canter, trot, walk and dismount.

Slow-Motion Action Reaction

Choose a child to perform an action in slow-motion for all the other children to copy e.g. driving a car, making a pizza, playing a musical instrument. Can the children guess the slow-motion action they are performing?



Simon Says

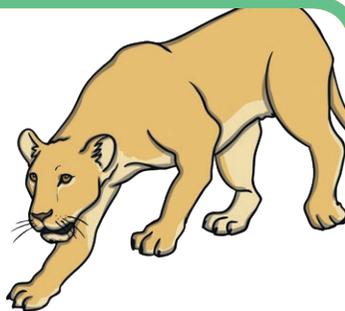
Choose a child to be Simon and say and perform a movement to copy e.g. Simon says do arm circles. Children must not copy the action if the leader does not say 'Simon says...' otherwise they are out.

Copycat Spot

One child is the spotter and stands in the centre of the circle with the rest of the children facing inwards. A copycat is chosen while the spotter's eyes are closed. The spotter performs a series of moves inside the circle while all the other children perform their own moves, except the copycat who copies the spotter. Can the spotter spot the copycat? Alternatively the rest of the children can copy the spotter while the copycat perform their own moves.

Sleeping Lions

Children pretend to be sleeping lions. Focus on breathing and relaxing all muscles. When children are relaxed tap one child who must silently stand up. This child then chooses another child to wake up before lining up to leave the hall or space. This child wakes another lion and joins the line. The pattern continues until all lions are awake and lined up.



Candle Focus

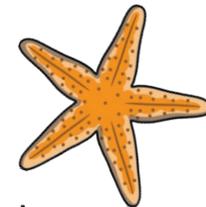
Provide a candle (the battery operated ones are safest) as a focal point. Ask the children to sit cross-legged and look at the flame. Imagine the heat warming and the light energising each part of their body in turn. Children can close their eyes or lie down when they feel warm and energised.



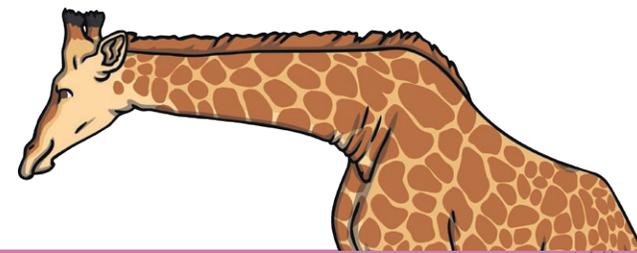
Whole Body Ground and Lift

Children lie flat on their back, eyes closed. Focus on one part of the body at a time (e.g. arms, legs, shoulders, back, head) and ask the children to imagine that part of their body is rooted to the ground, heavy and still as if it is being pulled down towards the centre to the earth. When the whole body is grounded, reverse the process, asking the children to release each part of their body so that it becomes light and free and lifted from the ground.

Animal Shapes



Ask the children to lie in a comfortable position. Call out different animals and the children try to make the shape of that animal with their bodies while remaining flat on the ground. You might like to try snake, starfish and giraffe to begin.



Yoga Swan, Child and Laid Back Lotus Poses

Start with laid back lotus. Children lie down with legs bent and soles of the feet together. Let the knees drop gently towards the floor. For swan pose children kneel down and sit back on their heels then slide their arms forwards along the ground stretching as far as comfortably possible without lifting the bottom of their heels. For child pose draw the arms alongside the body and turn the head to one side.

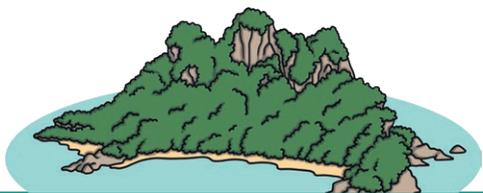
Hidden Garden

Children lie or sit with their eyes closed. Ask them to imagine themselves discovering a door which leads to a secret garden. Talk them through the exploration of the garden, asking them to visualise the smell of flowers, the texture of the bark on the trees, the soft spongy grass beneath their feet etc.



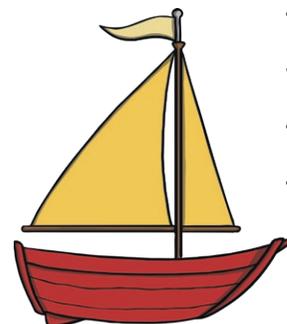
Tropical Island

Children lie or sit with their eyes closed. Ask them to imagine they are on a tropical island. Talk them through the exploration of the island, asking them to visualise the feel of the sand between their toes, the heat of the sun on their skin, the lapping of the waves on the shore etc.



Boat Ride

Children lie or sit with their eyes closed. Ask them to imagine they are on a boat in the middle of a lake or sailing down a river. Talk them through the boat ride asking them to visualise the rocking of the boat on the water, the splash of fish as they jump for air, the breeze across their faces etc.



Woodland Walk

Children lie or sit with their eyes closed. Ask them to imagine they are walking through a magical wood. Ask them to visualise the feel of the cool air in the shade of the trees, the crunch of the leaves and twigs beneath their feet, the sight of woodland animals peeking from their dens etc.



Mountain Walk

Children lie or sit with their eyes closed. Ask them to imagine they are walking along the top of a snow-capped mountain. Ask them to visualise the feel of the crisp icy air, the crunch of the snow beneath their feet, the breath-taking view of the land far below etc.

