

Alert Card 1: Ladders

- 1) Start with this 'Alerting' activity.
- 2) Children to run up and down the ladders.
- 3) Time them for 2 minutes (you can use an egg timer or a digital timer).
- 4) Move on to a 'Concentration' station after this one.



Equipment:

- Ladders
 - Cone
 - or throw down strips
 - Timer
- Extras:
- Beanbags
 - Box

- You can use pupils special interest to engage them eg putting things in and out of a box
- Shuttle Runs - Collect a bean bag and put it in the box, repeat until all collected



Alert Card 2: Space Hopper

- 1) Start with this 'Alerting' activity.
- 2) Children to jump up and down on the space hoppers
- 3) Time them for 2 minutes (you can use an egg timer or a digital timer).
- 4) Move on to a 'Concentration' station after this one.



Equipment:

- Space Hoppers
- Timer

Alert Card 3: Hoop Jump

- 1) Start with this 'Alerting' activity.
- 2) Children to jump into a hoop, then jump out. Repeat with the different hoops.
- 3) Time them for 2 minutes (you can use an egg timer or a digital timer).
- 4) Move on to a 'Concentration' station after this one.



Equipment:

- Hoops x 6
- Timer



Alert Card 4: Super Stars

- 1) Start with this 'Alerting' activity.
- 2) Children to complete: 10 Star jumps at the green cone. Bunny Hop or jump into the hoop and out of hoop, Crab walk back to the first cone. Start again.
- 3) Time them for 2 minutes (you can use an egg timer or a digital timer).
- 4) Move on to a 'Concentration' station after this one.



Make it easier: Choose only one of the exercises above e.g 10 star jumps at the cone, 10 star jumps by the hoop and then 10 star jumps at the last cone



Equipment:

- 2 cones
- Hoop
- Timer

Alert Card 5: Stepping stones


- 1) Start with this 'Alerting' activity.
- 2) Children to hop, jump, leap across the stepping stones and back again.
- 3) Time for 2 minutes (you can use an egg timer or a digital timer).
- 4) Move on to a 'Concentration' station after this one.



Equipment:

- Throw down Spots
- Throw down feet.
- Timer

Alert Card 6: Running on a Mat

- 1) Start with this 'Alerting' activity.
- 2) Children to run, jump or jog on a gymnastics landing mat
- 3) Time for 2 minutes (you can use an egg timer or a digital timer). 
- 4) Move on to a 'Concentration' station after this one.

Equipment:

- Gymnastics landing mat
- Timer.



Alert Card 7: Shuttles


- 1) Start with this 'Alerting' activity.
- 2) Children to run, skip or hop to the cone and back.
- 3) Time for 2 minutes (you can use an egg timer or a digital timer).
- 4) Move on to a 'Concentration' station after this one.

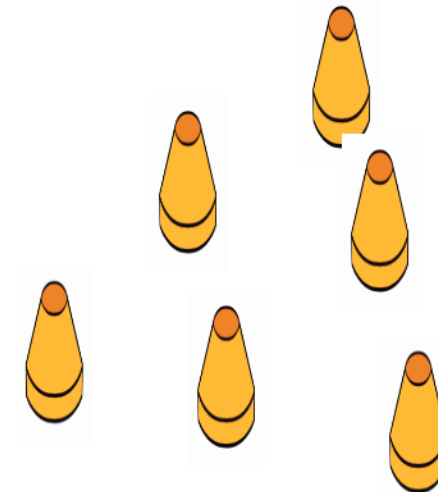


Equipment:

- Cones
- Timer

Concentration Card 1: Skittles


- 1) This will be the second station the children will take part in (concentration)
- 2) Children to roll the ball to knock the skittles over and then to pick them up if they have all been knocked down, then repeat.
- 3) Time for 2 minutes (you can use an egg timer or a digital timer). 
- 4) Move on to a 'Relaxation' station after this one.

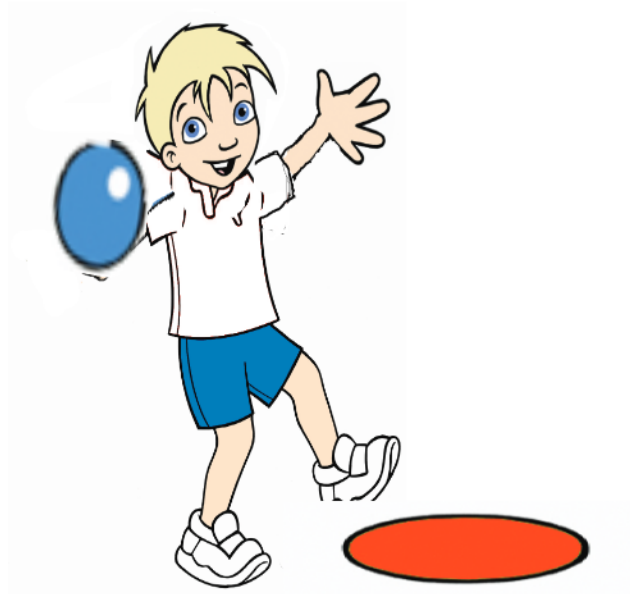
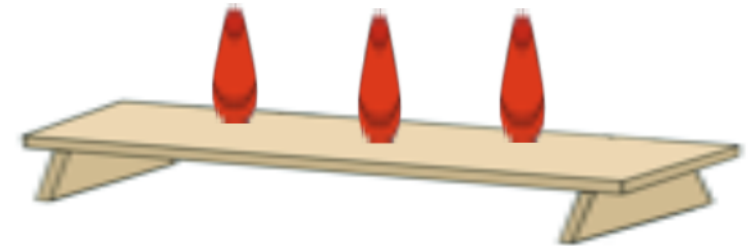


Equipment:

- Ball
- Tall cones/skittles
- Timer

Concentration Card 2: Knock the cones off the bench

- 1) This will be the second station the children will take part in (concentration)
- 2) Children to throw the ball or beanbag to knock the skittles over and then to pick them up if they have all been knocked down, then repeat.
- 3) Time for 2 minutes (you can use an egg timer or a digital timer). 
- 4) Move on to a Relaxation station after this one.



Equipment:

- Ball/beanbag
- Tall cones
- Bench
- Timer

Make it easier: Use a beanbag
: Move closer

Relaxation Card 1: Yoga

- 1) This will be the final station the children will take part in (Relaxation)
- 2) Children to pick 5 Yoga cards (have them facing down) and they are to attempt each Yoga move.
- 3) You could play some relaxing Yoga music.
- 3) Time for 2 minutes (you can use an egg timer or a digital timer).
- 4) Remind the children that this is the last station and after this they will go off to...



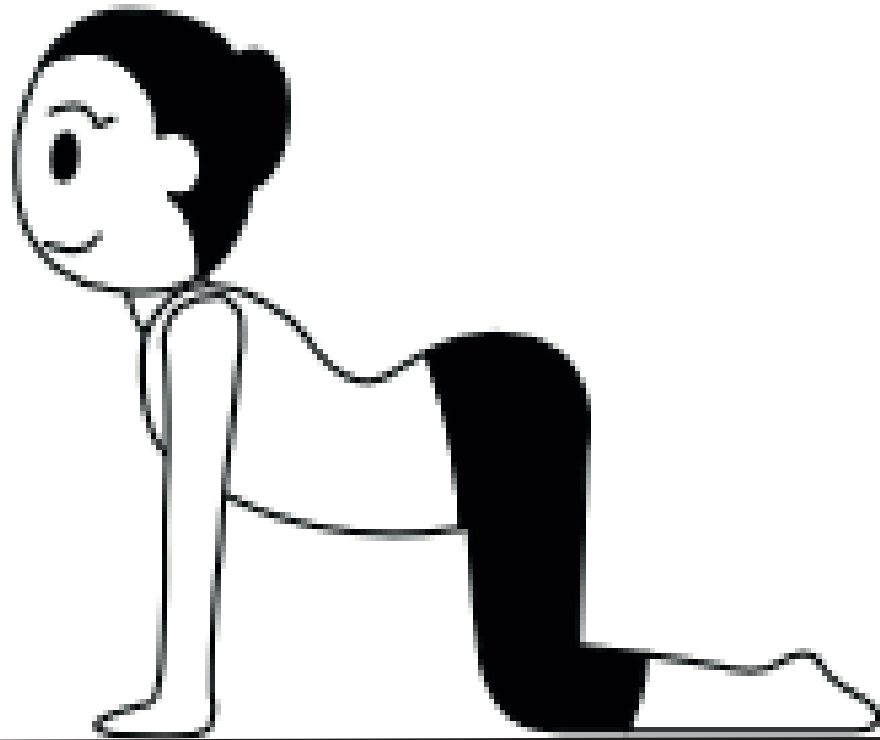
Equipment:

- Yoga cards
- Yoga Music
- Yoga mats/Gym mats
- Timer



Boat Pose

You can rock gently like a boat

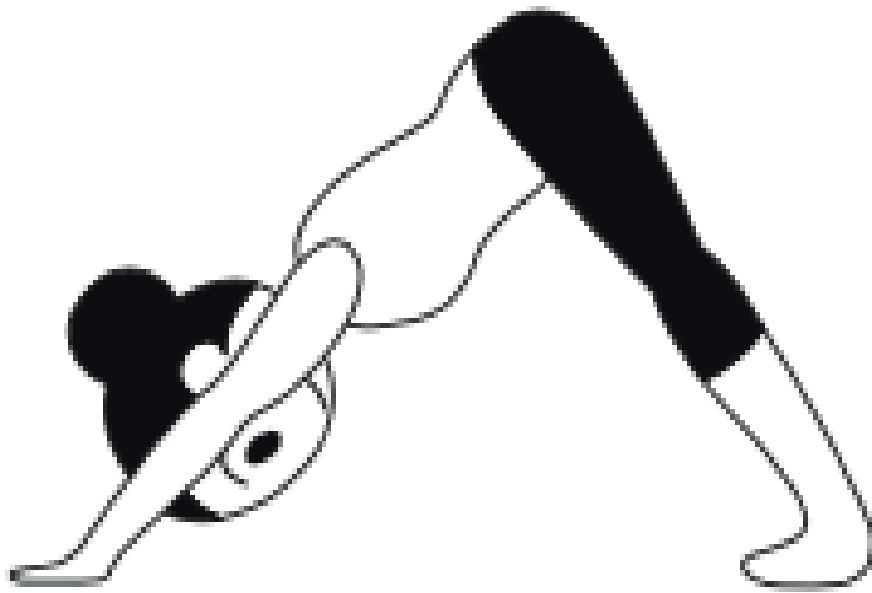


Cat Pose

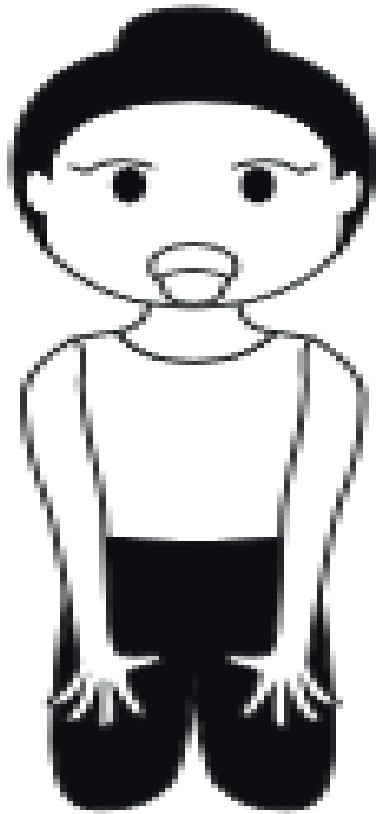


Cub Pose

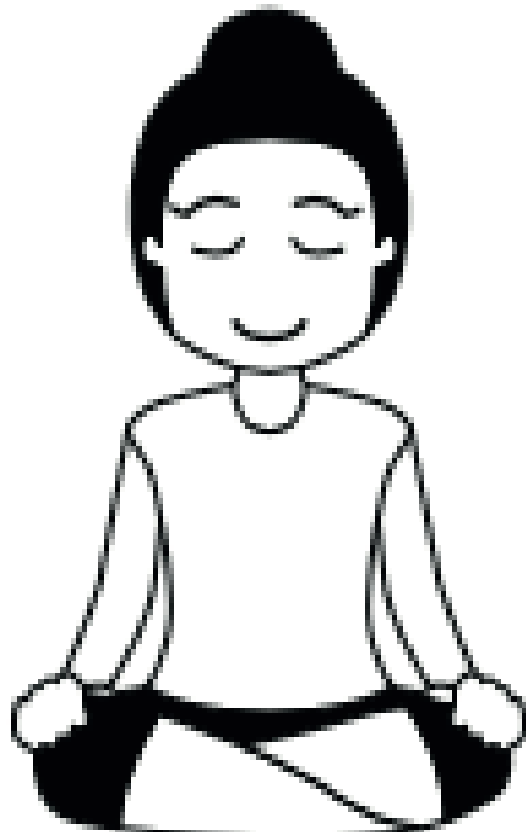
You can rock gently side to side



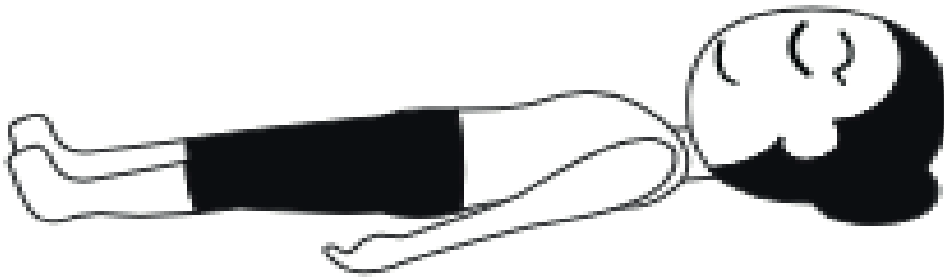
Downward Dog



Lion Pose



Lotus Pose



Rest Pose

Close your eyes



Tree Pose



Warrior Pose