

# Concord Summer Experience



<b>Activity Title</b>	Body Balance	
<b>Activity Overview</b>	In this activity, you will apply practical movement based on the Earth and elements of nature	
<b>Activity Steps</b>	<b>Notes</b>	<b>Resources</b>
<p><b>Warm up</b></p> <p>Mobilise Muscles &amp; Joints</p>	<p>Begin your pulse raising activity and follow the movements to Mobilise the joints and muscles in the body in preparation for exercise</p> <p>following the 5 moves for 60 seconds each</p> <ul style="list-style-type: none"> <li>• Sprint (pulse raiser)</li> <li>• Head rolls</li> <li>• Arm circles forward</li> <li>• Arm circles back</li> <li>• Alternating Toe touch</li> </ul>	<p>Whole body Plenty of space Mat / soft surface Resource sheet</p>
<p><b>Water</b></p> <p>Each move should be held for one minute</p>	<p>Tai Chi Flowing moves with the arms</p> <p>(Deep squat) Breath lifting arms up and down Side to side with the energy Water cycle Cloud in hand Lean and push</p>	<p>Whole body Plenty of space Mat / soft surface Resource sheet</p>
<p><b>Fire</b></p> <p>Each move should be held for one minute</p>	<p>Standing strength</p> <p>Warrior 2 Sun warrior Warrior 1</p>	<p>Whole body Plenty of space Mat / soft surface Resource sheet</p>

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	Warrior 3 Triangle	
<b>Air</b>  Each move should be held for one minute	Sun salutation  Extended mountain Forward fold Down dog 3 legged dog Lunge	Whole body Plenty of space Mat / soft surface Resource sheet
<b>Space</b>  Each move should be held for one minute	Balances against the force of gravity Can you balance  Intense Falling angel Half moon Falling star Diver / dancer	Whole body Plenty of space Mat / soft surface Resource sheet

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