

Concord Summer Experience



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| Activity Title | Body Balance | | |
| Activity Overview | In this activity, you will apply practical movement based on the Earth and elements of nature | | |
| Activity Duration | 60 Mins | Resources Required | <ul style="list-style-type: none"> ➤ Body weight ➤ Space ➤ Mat / soft surface ➤ Stop watch |
| Activity Summary | | | |
| <p>Welcome to Planet Earth session with me Claire. In todays session you will experience a practical movement session. The movements will use the whole body and the movements will be based on the fundamental elements of nature.</p> <p>Earth: Ground based movements to feel close to earth and grounded Water: Following Thai Chi influence and flowing water movements with the arms Fire: Standing strength poses -Warrior fighting the fire Air: Sun salutations – movements based around the sun / full circle Space: Balances – falling star, half moon , dancer & diver against the force of gravity.</p> <p>The activity has been created to get you all moving to introduce you to moves which can improve your fitness, strength and flexibility. Whilst improving our well-being and gratitude for the earth around us.</p> <p>All you need today is yourself and lots of space around you and a soft, flat surface. Maybe in the garden on the grass or in the living room of the soft carpet. If you have a Mat.. great !</p> <p>Open your arms wide and do a full circle to ensure you have lots of space around you to avoid the risk of injury.</p> <p>Task</p> <p>Complete the 30 min physical activity and the 30min worksheet provided. Follow the warm up for 5 mins Each move should be held for one minute. (warm up (5min) - 5 categories x 5 moves each held for 1 minute (25min)) Worksheet Task (30min)</p> | | | |