**Cool down**

A well constructed cool down following the lesson is essential to bring the young body back to rest after a period of physical activity, whilst at the same time it can be used as an effective tool to relax the mind. In all cases the cool down should be calming and fun, thus providing a fitting end to the lesson.

**Going home**

Children travel around the hall using the different modes of transport that got them to the farm, by horse, by tractor and by car, gradually slowing down until they arrive home

**Serve the Pizza**

Sitting in straddle, Lift the arms back up to the ceiling and open the oven door. To check the pizza is cooked. Stretch up to open the oven and stretch forward to pull the pizza out. Slice up the pizza and offer out the pieces, stretching over to the left and over to the right. Pupils eat one big piece themselves and lie down for a rest.

**Musical statues**

Children repeat the warm up, but in this activity, when the music stops children must show a large body part balance that they have worked in the session, demonstrating good form & stillness. Finish the session with the group laying on the floor on their back, gently shake the arms, the legs and then the whole body, gradually slowing to **stillness**

**Musical shapes**

Children move quietly around the hall to music, when the music stops the children must freeze and demonstrate either a stork or Arabesque balance, or a Dish or Arch shape

**Around the Moat**

Children create one large or 2/3 smaller circle by holding hand. Place a number of hoops over the hands of a variety of children. The hoops must travel around the group back to the start, without releasing the hands

**Sleeping Lions**

Children travel around the hall, gradually getting slower and slower, until they eventually stop, laying down on the floor, the children must pretend that they are sleeping lions and not move, if they move they must go and get changed

**Sleeping Captain**

Children travel around the hall, gradually getting slower and slower, quieter and quieter, making sure not to wake the captain until they eventually stop, laying down on the floor, the children must pretend that they are sleeping and must not move, if they move they must go and get changed

**Pass the parcel**

Place the hoop on the floor, 3children sit with straight legs, in a straddle around the hoop (feet touching the hoop), place a bean bag inside the hoop, children must slide the bean bag to their partner (bean bag must remains in the hoop), alternate the direction of the bean bag

**Beanie bag pass**

In the same groups as the warm up, children line up side by side, in front support; start with a bean bag at one end of the line, the aim is to pass the bean bag along the line to the end. Turn over into back support and pass the bean bag back along the line, but pick the bean bag of the floor and place it onto your stomach with one hand and taking it off and place it on the floor with the other, the team to successfully pass it along the line from one end to the other is the winner

**Shake it out**

In pairs or small groups, one partner laying relaxed on the floor, the other takes a hand and shakes the arm gently, followed by the other arm. Take a foot and shake the leg, followed by the other leg. Swap places

**Parachute Games**

**The flying saucer**

With one large or two small parachutes, children equally spaced around the edge, lift the parachute up high, lower it to the ground, lift it up high again, but this time when it lifts up high let go and see if it will fly.

**The Igloo**

With the parachutes used for the warm up, children equally spaced around the edge, Children lift up the parachute and the lower again, on the second lift, circle the parachute over the head and sit down on the edge of the parachute. This should form an igloo, discuss the session with the group before the parachute deflates.

**The wave**

With the parachutes used for the warm up, children equally spaced around the edge, slowly lift the parachute up high and lower to the floor, starting fast and gradually slowing to stop.

**Lay on down**

With the parachutes used for the warm up, repeat the warm up activity, however, when a number is called out, children should rush to the middle and show a laying shape selected by teacher, the parachute, should be drawn down onto the two children, as the parachute is lifted, children return back to their place