

Lesson Plan 6

Warm up (5 minutes)

Students can warm up by jumping to the routines they have learnt.

Main Component (25minutes)

Games

Teams will refine and create their own routines.

Teacher will organize a friendly competition where the best routine is judged based on Teamwork, Creativity and Difficulty.

Sharing/Feedback Session (5minutes)

Participants will share on how they felt while working together as a team to design new routines.

Cool down (5 minutes)

Static Stretches