

# SPORTAUS

## Relaxation

## Trust me!

### Format > Winding down

**Body parts** – players shift their awareness with relaxed breathing to body parts: Starting on the right side – hand, lower arm, upper arm, shoulder, chest, back, hip, buttock, upper leg, knee, lower leg, foot. Then repeat on the left side.



- > How does focusing on your various body parts make you feel?
- > Go outdoors. Instead of focusing on body parts, ask students to focus on parts of the environment they could see/feel/touch/smell. Ask them in what ways they feel different, compared to when doing the activity indoors. Which do they prefer and why?
- > Ask students when and where else could you use this relaxation activity?

## Circle and push or retreat

### Format > Short focused challenge

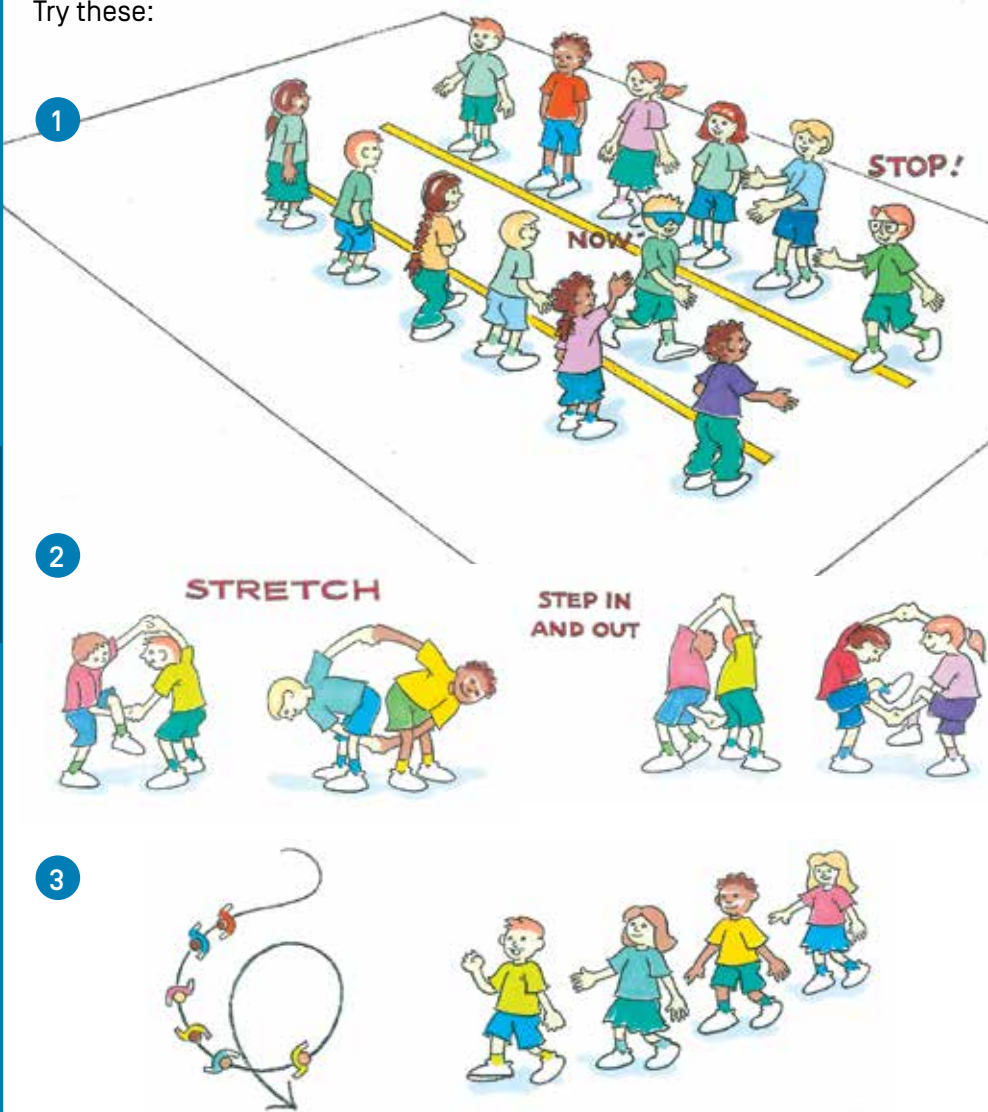
An activity of anticipation – players can do any of the following in attempt to get their partner off balance:

- > gently circle, hands touching
- > push rapidly without warning
- > pull arms away rapidly without moving.
- > It's a good idea to have a minimum number of slow and relaxed circles before pushing or receding, (e.g. 10 circles).
- > Change standing position (e.g. staggered, narrow or wide stance, stand on one leg).



### Format > Low-intensity trust or cooperative activity

Try these:



PHYSICAL LITERACY ELEMENTS

PERCEPTUAL AWARENESS

CONNECTION TO PLACE

SELF-REGULATION (EMOTIONS)

MOTIVATION

ENGAGEMENT AND ENJOYMENT

STABILITY/BALANCE

PHYSICAL LITERACY ELEMENTS

STABILITY/BALANCE FLEXIBILITY

CONFIDENCE MOTIVATION

COLLABORATION