

Physical Education - Health related exercise: components of fitness

How can we train balance?

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Create and complete a yoga session plan

Plan and complete a session plan to improve balance for a sport of your choice.

- Think about the requirements of the sport
- Try to hold each pose for between 10-30 secs
- Repeat the pose cycle at least twice

| | Pose |
|---|------|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |
| 6 | |

