

Lesson Plan

<p><u>LEARNING OBJECTIVES</u></p>	<ul style="list-style-type: none"> ● I can take part in a fitness circuit which develops my stamina, strength and power ● I can describe why different types of sports require stamina, strength and power
<p><u>RESOURCES:</u> Circuit station names and pictures of different types of sports. No equipment needed apart from appropriate music and stop watch. Lesson can be done inside or outside in open space, ensuring the recommended 2 meter space between children is adhered to.</p>	
<p>CONTENT</p>	<p>TEACHING POINTS/KEY QUESTIONS</p>
<p><u>WARM-UP</u></p> <p>Children create their own warm up in their own space to raise their heart rate. If teacher input is required star jumps, jogging on the spot, trunk twists, etc. Add in foot fire-while children are jogging on the sport the teacher shouts foot fire and the children have to sprint as fast as they can pretending their toes are on fire.</p> <p>Allow children to be creative as much as safety allows. Ensure mobilisation of joints is completed prior to the circuit (ankles, wrists, shoulders, hips).</p>	<ul style="list-style-type: none"> ● Stay in your own space ● Change the direction and speed that you are moving at ● What movements can you do to raise your heart rate?
<p><u>Main Activity:</u></p> <p>Children complete the circuit based session 30 seconds exercise, 30 seconds rest. I would suggest children stay in their own space rather than moving around from station to station. The teacher can use the interactive board to show pictures of the animals or they can print the pictures out for outside learning.</p> <ol style="list-style-type: none"> 1. Sprints 2. Mountain Climbers up high 3. Low twists 4. Elbow to knees 5. Jumping Jacks 6. Squats <p>The circuit is completed 2 times through.</p> <p>Extension Show children pictures of types of sports. Can they tell you what fitness each sports might need and why? Can the children make their own circuit based on the sports pictures? Can you do a repeated movement for basketball, football, tennis, etc.</p>	<ul style="list-style-type: none"> ● Sprints- as fast as they can on the spot. Drive arms, don't look down ● Mountain Climbers up high- high knees at a fast pace while doing a pulling action with arms raised high. ● Low twists- feet shoulder width apart, opposite hand to opposite foot. Fast but in a controlled way, keep knees soft and back strong. ● Elbow to knees- high knees but opposite elbow touches the opposite high knee. ● Jumping Jacks- star jumps, soft landing on balls of feet, strong arms. ● Squats- feet shoulder width apart, 90 degree angle at the knee (not further than this). Easier-

	half squats, harder- add a small jump between squat.
<u>COOL DOWN/PLENARY</u> Children move around in their own space at various speeds associated with different sports, start fast movements in sports and slowly reduce this down to a slow action shot, etc. Include basic stretching (best time for stretching to develop flexibility is within the cool down).	<ul style="list-style-type: none">• What is your heart doing now? It should be beating at a slower rate than when taking part in the fun circuit.• Hold stretches for between 10-15 seconds to develop flexibility. What is flexibility?