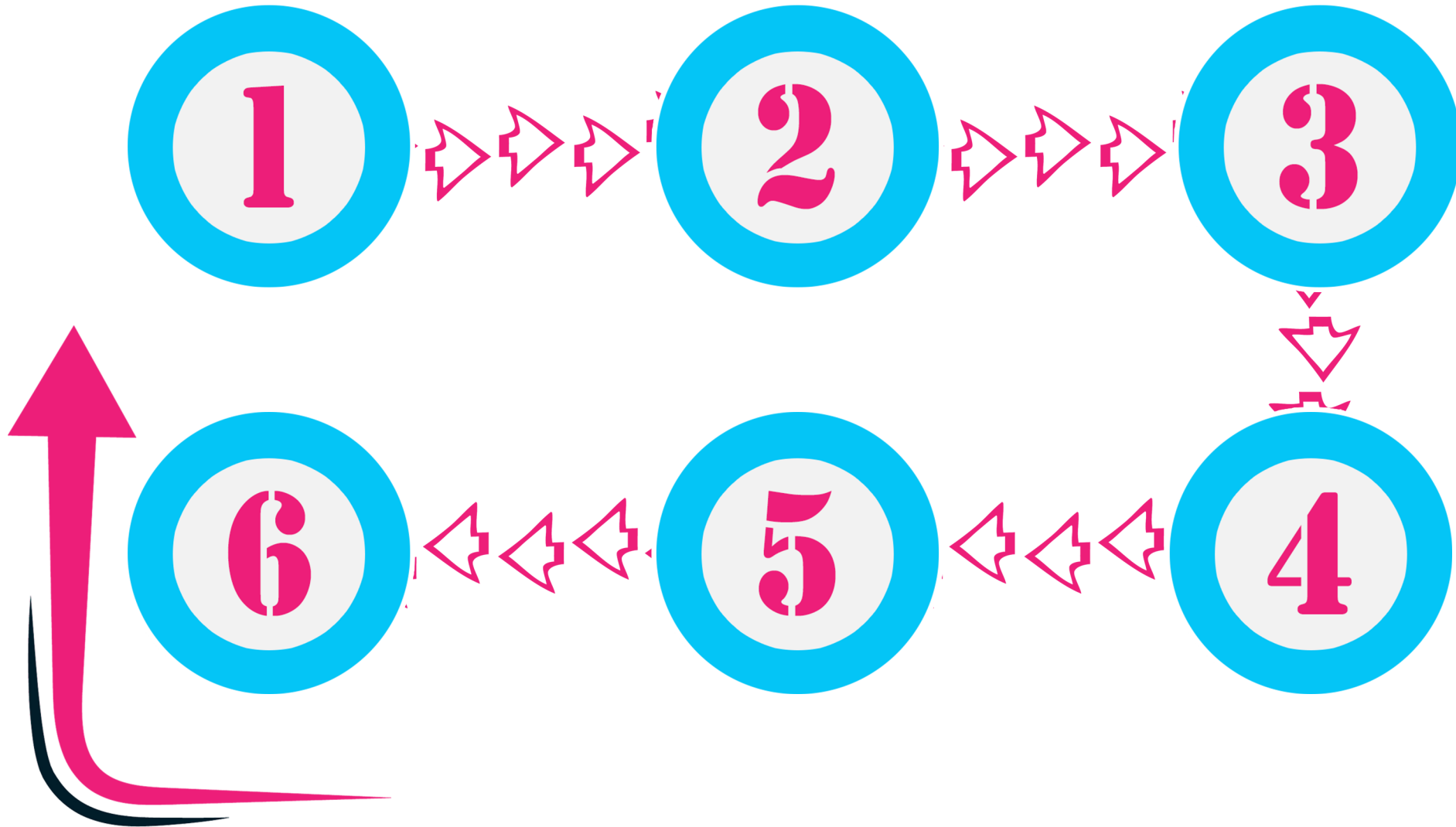


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LESSON 1



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LESSON 1

LEARNING INTENTIONS

How can you beat your personal best (PB)?

YEAR 3

▶ I can beat my PB

▶ I can beat my PB on one station

▶ I can beat my PB on two stations or more

YEAR 4

▶ I can beat my PB on one station

▶ I can beat my PB on two stations or more

▶ I can beat my PB on three stations or more

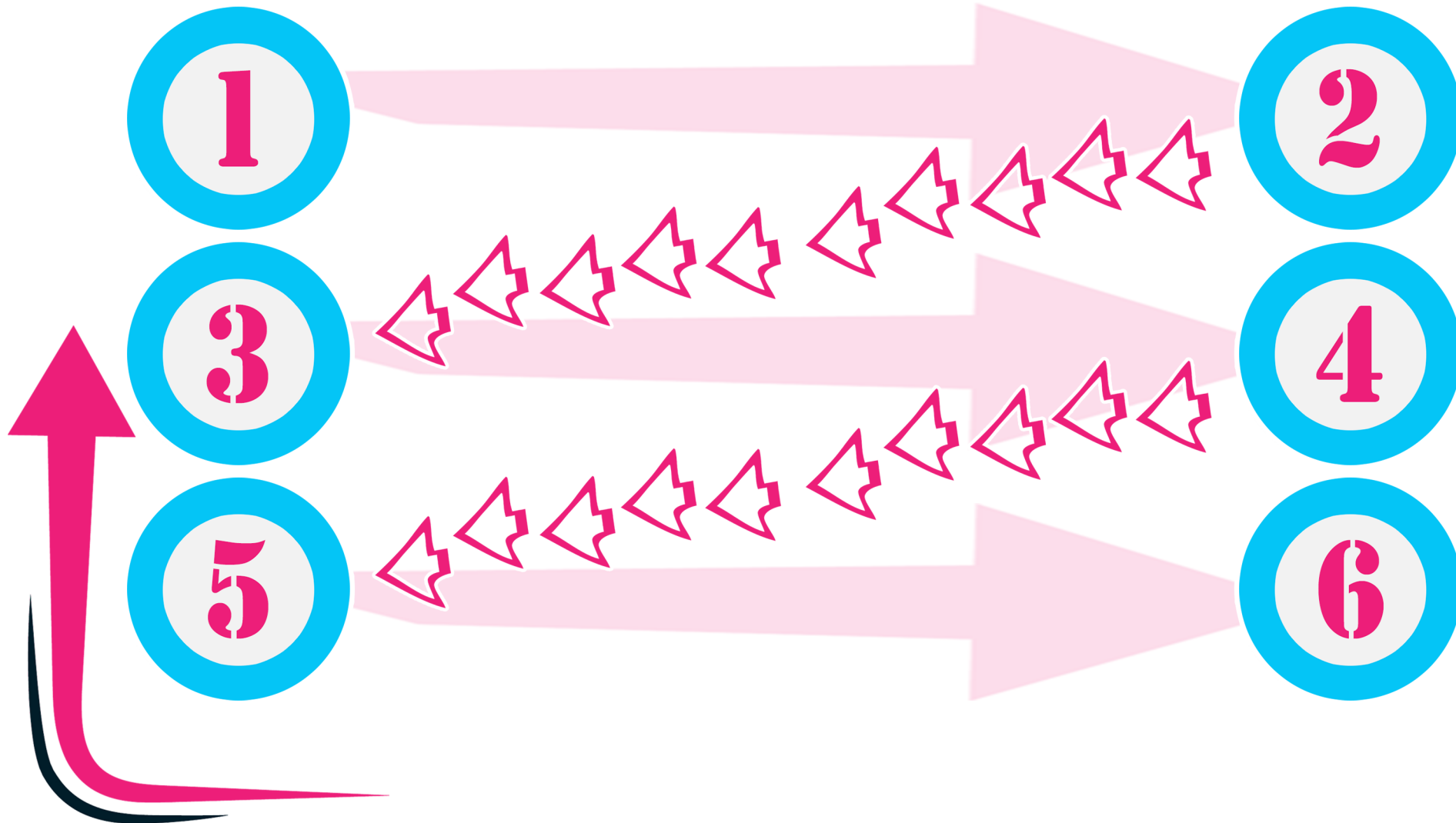
Circuit 1	Exercises	Time	Rest Time	Differentiation		Equipment needed
Station			Rest	Make it easier	Challenge	
1	Footwork – Start Centre – Forward & backwards – feet together	30sec	30sec	Slow the Jumps down	Increase Speed	2 x throw down strips/spot/cones per child
2	Press ups – from knees	30sec	30sec	Bring your knees forward under your hips	Full press ups	No equipment
3	2 x Froggy Jumps – forward – Turn 2x jump back	30sec	30sec	1 x jump forward	Increase jumps forward x 4	2 x throw down strips/spot/cones per child
4	Stand on one leg	30sec	30sec	Stand as long as you can then reset your position & start again	Shut one eye	No equipment
5	Seal Claps	30sec	30sec	Jog on the spot and clap your hands in front	Increase Speed	No equipment
6	Squat – finger tips touching the floor	30sec	30sec	Quarter squat	As low down as you can go and stand up fast – repeat	No equipment

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LESSON 2



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LESSON 2

LEARNING INTENTIONS

How can you improve your technique?

YEAR 3

- ▶ I can attempt to improve some of my techniques at each station
- ▶ I can watch the techniques on the video and then begin to improve my performance
- ▶ I can begin to concentrate on isolated body parts to improve my technique e.g arms, legs

YEAR 4

- ▶ I can work to improve my technique when co-ordinating my body parts
- ▶ I can begin to improve my technique by listening to feedback from my teacher/partner
- ▶ I can improve my technique showing good co-ordination

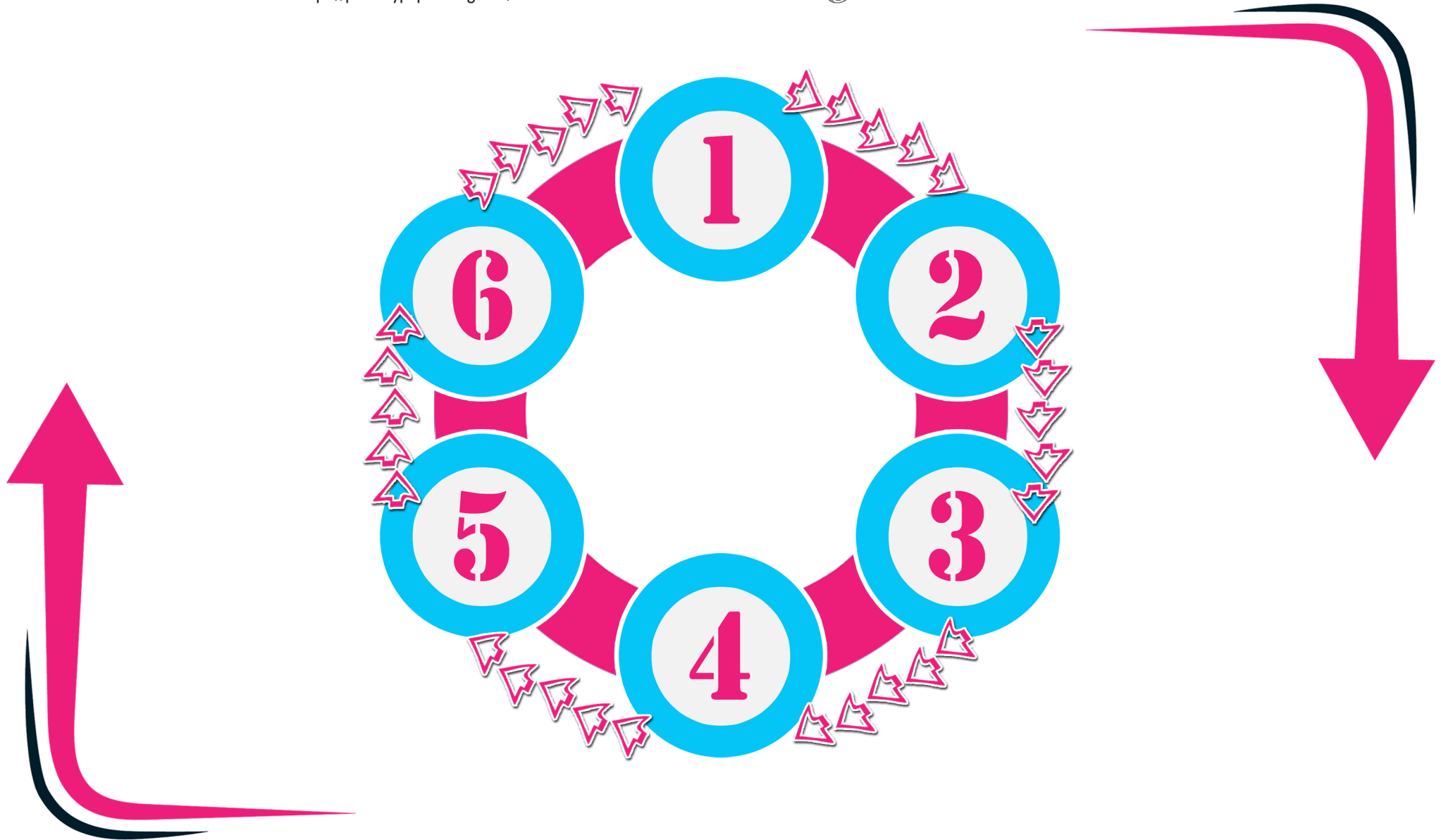
Circuit 1	Exercises	Time	Rest Time	Differentiation		Equipment needed
Station			Rest	Make it easier	Challenge	
1	High Knee	30sec	30sec	March on the spot	Speed the drill up	No equipment
2	Lunge forward	30sec	30sec	Take smaller step forward	1 REP forward & 1 REP backwards – same side	No equipment
3	Star Jump	30sec	30sec	Just laterally SJ arms OR legs	Speed the drill up	No equipment
4	Star lunge	30sec	30sec	Take smaller lateral step	Go down low and push off fast with balance & control	No equipment
5	Mountain climbers	30sec	30sec	Do not climb your legs too high either side	Step out to the side next to you hand – without moving your hips	No equipment
6	Lunge walk x 4 & turn Lunge walk back x4	30sec	30sec	Lunge forward on the spot	take long strides when you lunge forward – keep your shoulders back and keep balanced	No equipment

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LESSON 3



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LESSON 3

LEARNING INTENTIONS

How can you develop your strength?

YEAR 3

- I can attempt to support some of my body weight on the cross touch exercise
- I can support my own body weight on both the exercises cross touch and floor star jumps
- I can support my own body weight and attempting faster floor star jumps

YEAR 4

- I can support my own body weight on both the exercises cross touch and floor star jumps
- I can support my own body weight and attempting faster floor star jumps
- I can support my own body weight and perform the challenges at all stations

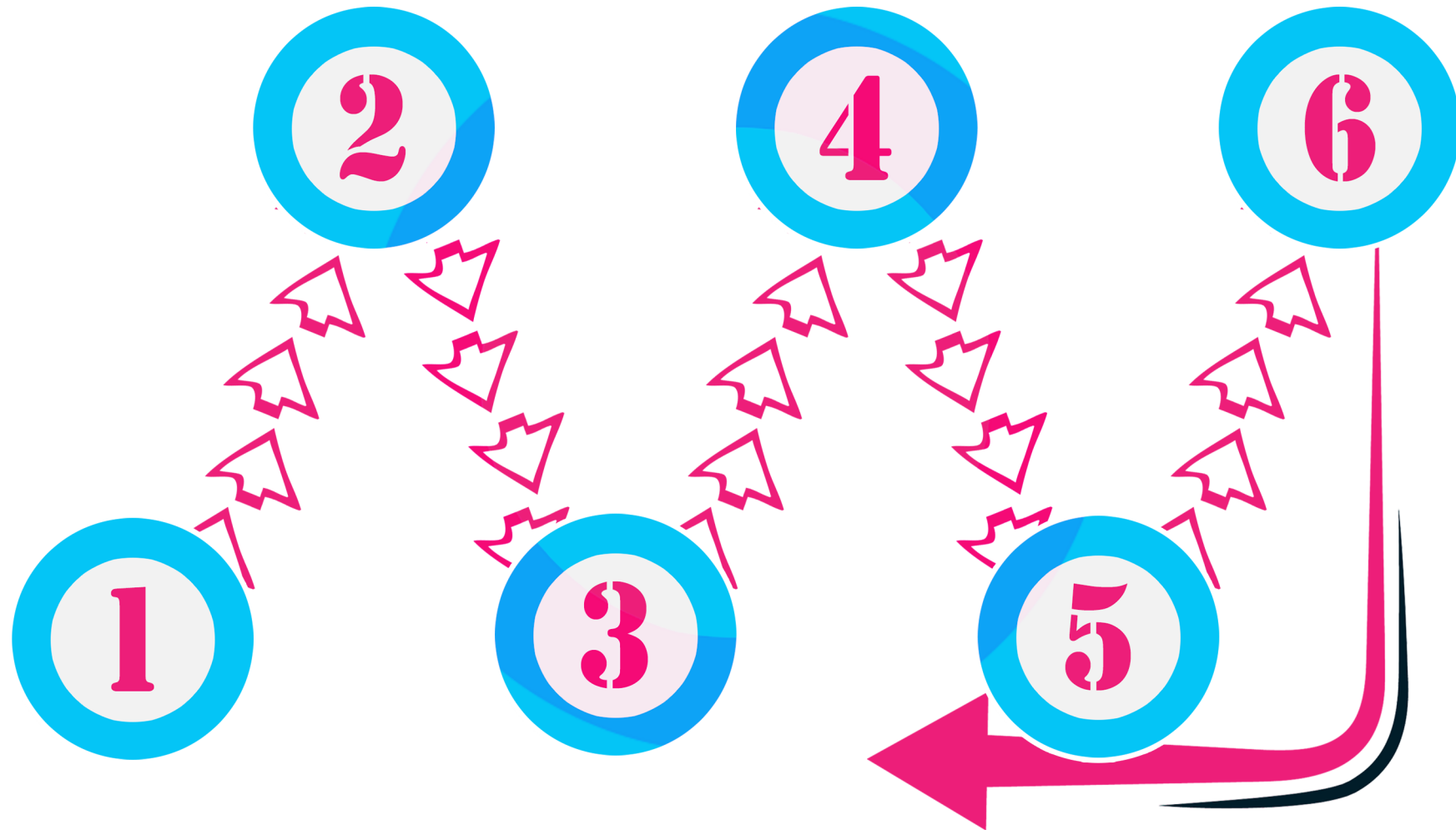
Circuit 1	Exercises	Time	Rest Time	Differentiation		Equipment needed
Station			Rest	Make it easier	Challenge	
1	Jogging on the spot OR Jogging out to a cone and return	30sec	30sec	Walk to and from the cone or walk fast on the spot	Sprint to and from cone or Sprint on the spot	2 x throw down strips/ spot/cones per child
2	Hop on one leg	30sec	30sec	Hop once and reset from starting position	Hop on one leg – 1x hop leg in front and 1x hop leg behind you – keep repeating without stopping	No equipment
3	Double Thrusters	30sec	30sec	Single leg thrusters	Fast & explosive – try to bring both feet forward to your chest 4	No equipment
4	X- Touch	30sec	30sec	Full Plank Position from knees and alternate knee to elbow – reset – do other side – REPEAT from your knees whole time	Slow & controlled – try to get your knee across to the opposite elbow	No equipment
5	Reverse Lunge	30sec	30sec	Forward lunge or large step forward and reset	Go low and keep balance throughout drill – don't let you knee touch the floor when performin reverse lunge	No equipment
6	Jumping Jack plank	30sec	30sec	Plank from knees & hold	Fast	No equipment

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LESSON 4



LEARNING INTENTIONS

How can you keep your balance when performing your exercises?

YEAR 3

- ▶ I can attempt to keep my balance when standing on one leg
- ▶ I can keep my balance when standing on one leg
- ▶ I can keep my balance on both preferred and non preferred leg

YEAR 4

- ▶ I can keep my balance when standing on one leg
- ▶ I can keep my balance on both preferred and non preferred leg
- ▶ I can keep good balance when performing each of the exercises

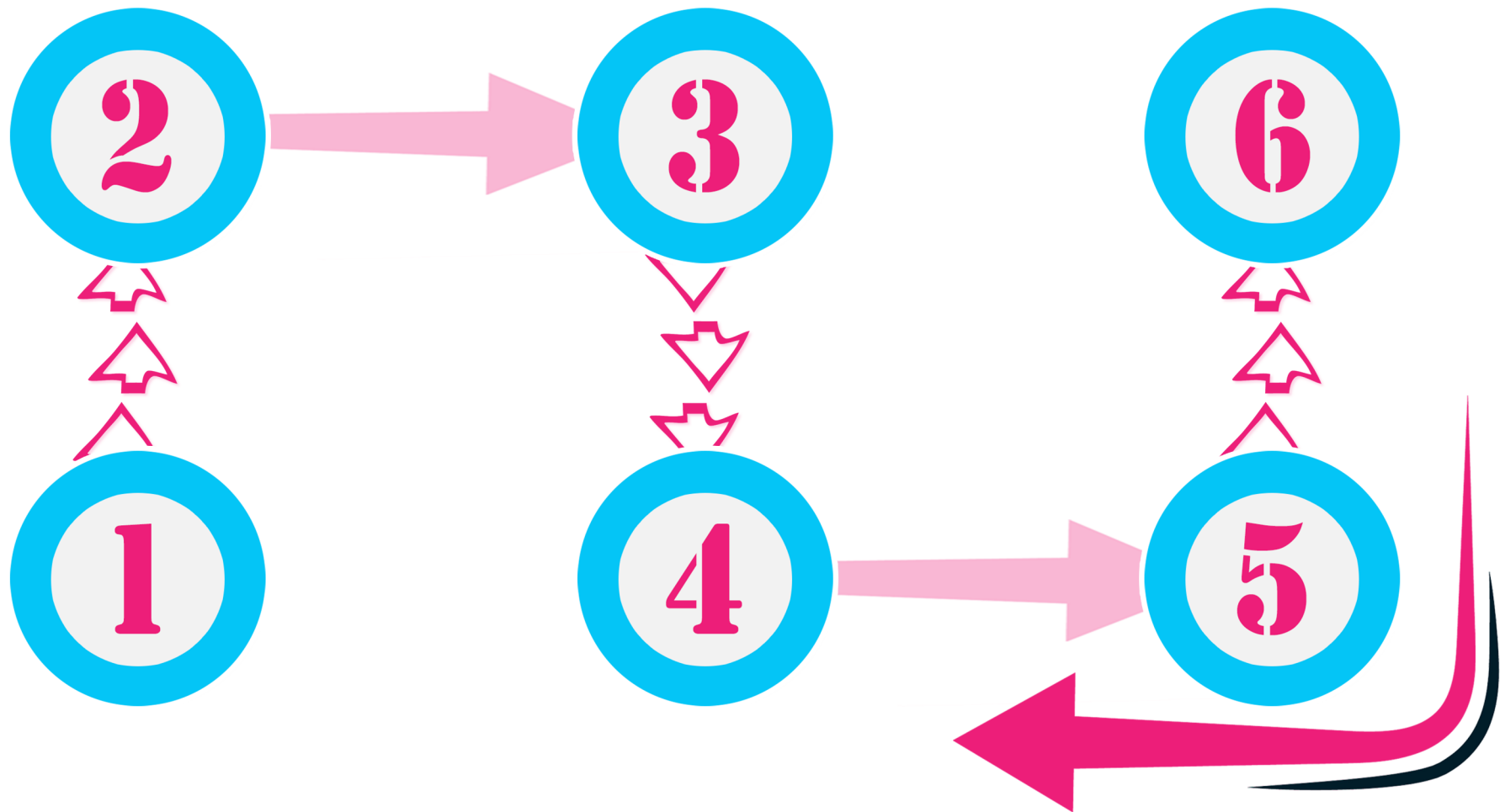
Circuit 1	Exercises	Time	Rest Time	Differentiation		Equipment needed
Station			Rest	Make it easier	Challenge	
1	TBE	30sec	30sec	Slow	Explosive	No equipment
2	Yoga - TREE pose	30sec	30sec	have your left foot low & flat against your right ankle	Have your left foot flat and high against the inside of your thigh	No equipment
3	Star Jumps	30sec	30sec	Step out laterally one side then back to centre - repeat other side	Fast	No equipment
4	Stand on one leg and lean forward - allow your leg to bend and go behind you	30sec	30sec	Standing on right leg - lift leg leg in front	Lean forward and reach your hands in front - slowly come back up and reset - REPEAT	No equipment
5	High Knees Clap	30sec	30sec	March on the spot	Fast - knees high	No equipment
6	Stand on one leg - STAND ON RIGHT - move left leg in front of you and behind you - repeat	30sec	30sec	stand on one leg	Try adding - (lateral movement) - one forward - one backwards & one to the side - REPEAT	No equipment

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LESSON 5



LEARNING INTENTIONS

How do you keep control when performing your exercises?

YEAR 3

- ▶ I can hop on one leg slowly, keeping some control
- ▶ I can hop on one leg, keeping control
- ▶ I can hop on either leg, keeping good control

YEAR 4

- ▶ I can hop on either leg, keeping good control
- ▶ I can hop with speed on either leg, keeping control
- ▶ I can keep good control when performing each of the exercises

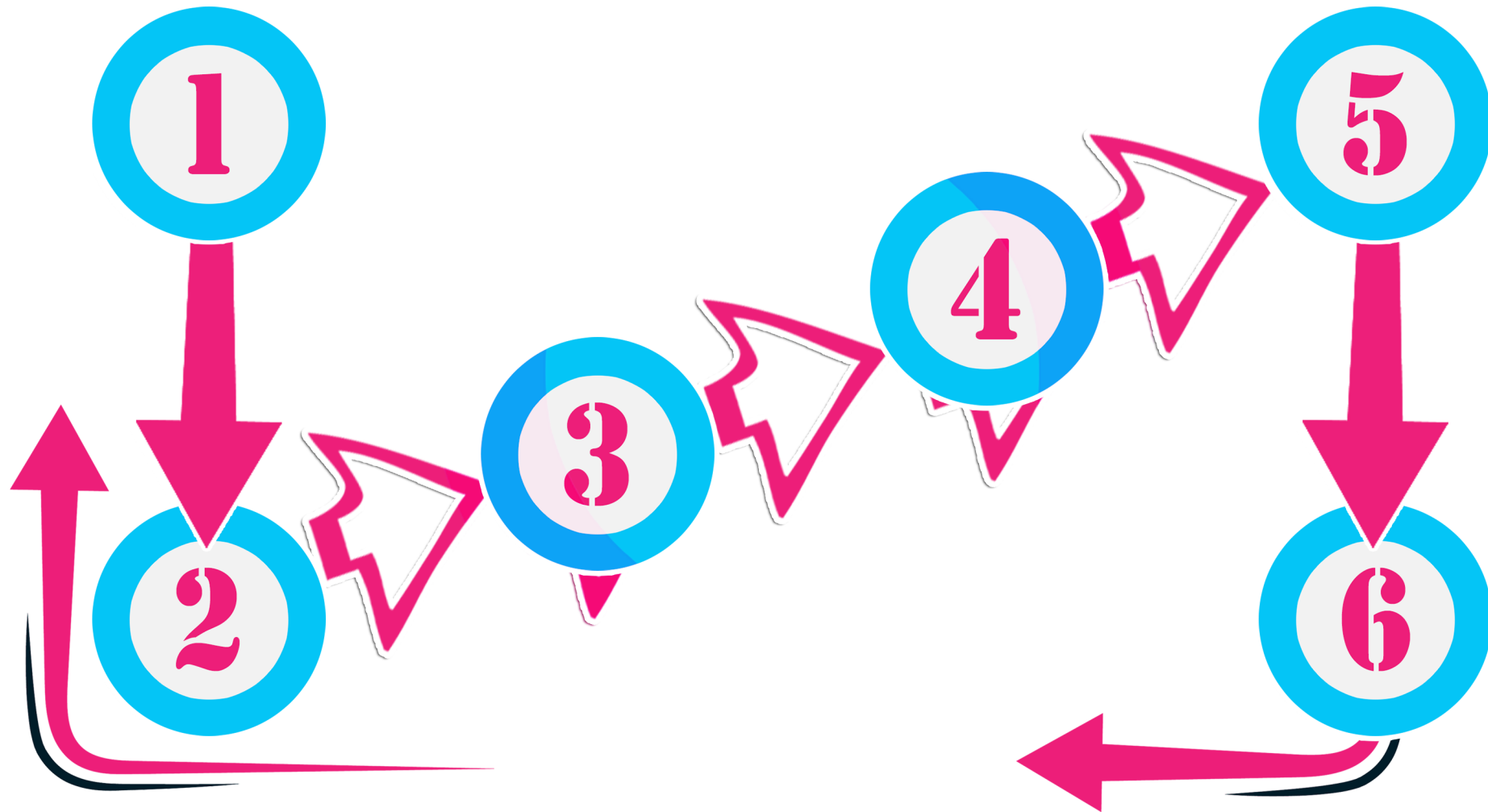
Circuit 1	Exercises	Time	Rest Time	Differentiation		Equipment needed
Station			Rest	Make it easier	Challenge	
1	Seal Claps	30sec	30sec	Slow the Jumps down	Fast	No equipment
2	T-press up - from knees	30sec	30sec	Press up from knees with knees under your hips	Full press up position	No equipment
3	Squat finger tips touch the floor	30sec	30sec	Quarter squat	Full squats and fast standing up	No equipment
4	Toe touches - on your back reach up to touch your toes	30sec	30sec	slowly and slight reach	bring your shoulders off the floor as much as you can and slowly return	No equipment
5	Hop right to left - side to side - RIGHT ONLY	30sec	30sec	Hop x1 right - Reset - Hop x 1 left - Reset	Fast & explosive	No equipment
6	Burpees	30sec	30sec	TBE	Fast & explosive	No equipment

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LESSON 6



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LESSON 6

LEARNING INTENTIONS

How can you challenge yourself at each station?

YEAR 3

- ▶ I can challenge myself to try harder and work faster on the step ups
- ▶ I can perform star jumps at a fast pace
- ▶ I can work as fast as possible at each station

YEAR 4

- ▶ I can perform star jumps at a fast pace
- ▶ I can work as fast as possible at each station
- ▶ I can challenge myself and try the harder challenges at each station

Circuit 1	Exercises	Time	Rest Time	Differentiation		Equipment needed
Station			Rest	Make it easier	Challenge	
1	Seal Claps	30sec	30sec	Slow the Jumps down	Fast	No equipment
2	T-press up - from knees	30sec	30sec	Press up from knees with knees under your hips	Full press up position	No equipment
3	Squat finger tips touch the floor	30sec	30sec	Quarter squat	Full squats and fast standing up	No equipment
4	Toe touches - on your back reach up to touch your toes	30sec	30sec	slowly and slight reach	bring your shoulders off the floor as much as you can and slowly return	No equipment
5	Hop right to left - side to side - RIGHT ONLY	30sec	30sec	Hop x1 right - Reset - Hop x 1 left - Reset	Fast & explosive	No equipment
6	Burpees	30sec	30sec	TBE	Fast & explosive	No equipment