

Learning Intention: *How can you beat your personal best (PB)?*

EQUIPMENT:

Throw down strips or spots x 24

I can beat my PB at one station

I can beat my PB at two stations or more

I can beat my PB at three or more stations

Key words: Pulse, Heart rate, Maximum

WARM UP:

Children to follow coach Kelly's warm up or teacher can play "Simon Says"

Simon says "Star jumps"

Simon says "jog on a spot"

Simon says "Frog jumps"

Simon says "High knees"

Simon says "Stretch up tall" etc

Healthy ME

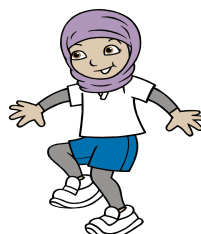


After you have warmed up, place your hand on your heart- remember, we talked in KS1 about how our body feels when we exercise?

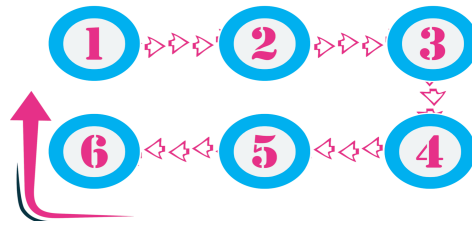
Heart beating faster, breathing faster – now we are going to look at how our organs work when exercising

Q&A: Which of our organs are most important when you are exercising? Our heart and lungs.

Our heart helps pump blood around our body and our lungs help get oxygen to our muscles!



Circuit Layout:



1. Children to complete the circuit. . Remember to watch the videos to ensure their techniques are correct.

Q&A: What is a PB? (personal best)

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	@shirley.ac.th 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

2. Children to choose their favourite station. Time it for 30 seconds.

Can they repeat and count how many they can do?

3. Now repeat. Can they beat their previous best score?

Make it harder: Repeat with different stations- trying to get a PB

Healthy ME

We have completed some fantastic fitness activities in PE today and regular physical activity is essential to maintain good physical and mental health.

When and where could you participate in physical activity each day, in or outside of school?

Some Key Values you may have used today...



COOL DOWN

Children to create their own cool down- gentle jogging, slower movements to decrease their pulse rate. They could also perform some stretches.

PLENARY

What was important when trying to get a PB? Which station did you enjoy the most and why?