

How can you develop your strength during circuit training?

EQUIPMENT:

Throw down strips or spots x 24

I can attempt to support some of my body weight on the X-touch exercise

I can support my own body weight on both X- touch and the Jumping jack exercises

I can support my own body weight and attempt faster jumping jack exercises.

WARM UP:

Children to follow coach Kelly's warm up or children can, in pairs make up their own Simon says warm up e.g...

Simon says "Star jumps"

Simon says "jog on a spot"

Simon says " Frog jumps"

Simon says " High knees"

Simon says " Stretch up tall" etc

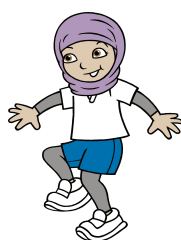
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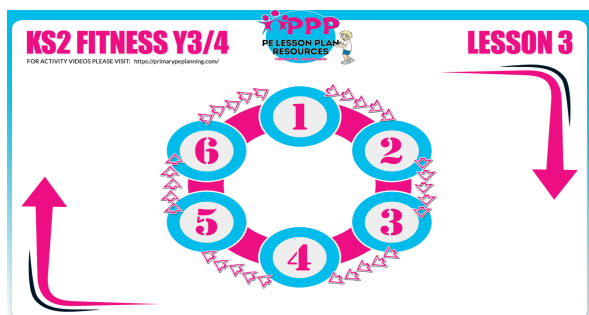
Which organs are most important when you are exercising?

What do your lungs do when you exercise?

You will breathe more quickly, so that your lungs can breathe in the oxygen your body needs and then get rid of the carbon dioxide produced through exercise.



Circuit Layout:



Q&A: What is strength? **Muscle strength** is how strong you are- this could be holding your body weight or even doing something for a long time. e.g. holding a press up position

1. Watch the videos to ensure their techniques are correct.- Children to copy and have a practice
2. Children to complete the circuit- ask them to think about which stations they need lots of strength for? Do they need strength in their arms, legs or tummy?

Station 1: legs - to push off when running

Station 2: leg strength- to keep balanced

Station 3: Strength in arms to hold your body

Station 4: Strength in arms to hold your body

Station 5: Leg strength

Station 5: Strength in arms to hold your body and legs to jump in and out

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	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

3. Can they repeat the circuit again?

Make it harder: Try the challenges at each of the stations

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Remember- movement and exercise helps you to concentrate and learn better

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 add some stretches.

PLENARY

Which station did you like best? How else can people exercise to get stronger?

e.g. weights, resistance training, body weight exercises.