

How can you keep your balance when performing your exercises?

EQUIPMENT:

Throw down strips or spots x 24

I can keep my balance when standing on one leg

I can keep my balance when on one leg, moving forwards and backwards

I can keep my balance on both preferred and non preferred leg

WARM UP:

Children to follow coach Kelly's warm up or children can recap their warm up from last week.

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How does your brain get more oxygen when you exercise?

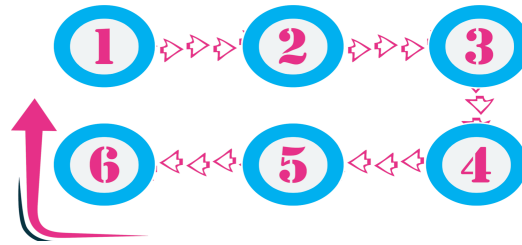
Blood flow increases during exercise

Blood flow to the brain also increases, which provides it with more oxygen and nutrients.

Your brain also starts to produce chemicals which help to boost your mood!



Circuit Layout:



Q&A: What is Balance? **Balance is the ability to maintain a controlled body position during a task/activity**

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... at which stations do they need good levels of **balance**?
3. Children in pairs to create a balance exercise. Can they then teach it to another group?

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

Make it harder: Repeat the circuit and/or try the challenges at each of the stations

Linking Learning: What sports do you need balance for? All of them! E.g. Gymnastics- jumping off apparatus, Dance- Jumping, turning and landing, Netball- jumping up to catch a ball and landing on your feet.

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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? Can you name any other sports where balance is needed?