

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

EQUIPMENT:

Throw down strips or spots x 24
Stopwatch

I can try to beat my PB

I can beat my PB at one station and am honest when recording my scores.

I can beat my PB at two stations or more and can motivate others to improve.

WARM UP:

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

Simon says "**speed bounce**" jump from side to side

Simon says "**fast feet**" Run as fast as you can on the spot

Simon says "**Criss cross**" Cross you feet as you jump

Simon says "**Skip around**" children skip around in an area

Simon says "**Jog**" children jog around in an area



Healthy ME

We can also call a 'warm up' a 'pulse raiser'- these are exercises such as running, jumping, skipping and hopping. You can feel your pulse in your neck or wrist.

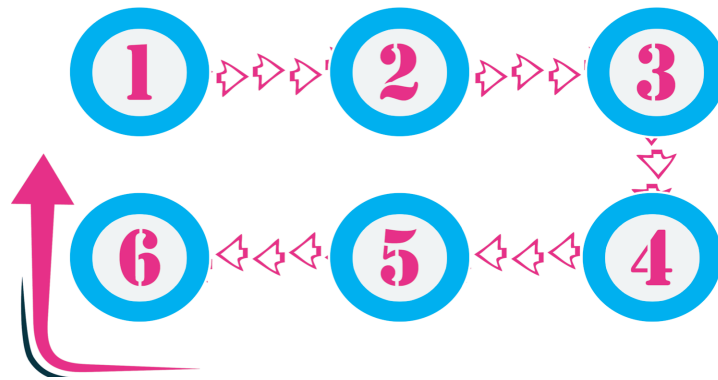
Can you have a go at feeling your pulse?

Make it harder: count your pulse for 30 seconds x 2

Did you know the warm-up aims to:

- Get your body and mind ready for activity
- Increase the body's core temperature
- Increase heart rate
- Increase breathing rate.

Circuit Layout:



1. **Children to complete the circuit.** Watch the videos or demonstrate first to ensure they know the correct techniques.

Q&A: Recap of prior learning: 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	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 repeat the circuit. This time, try and beat your score to get a personal best. **Remember:** It is important to be honest when recording your scores.

Note: You could give the children a stopwatch. When they repeat the stations they can time their partner/group.

Make it harder: Try the challenge at each exercise/station.

Healthy ME

Exercise is a way of keeping the body healthy through being active. Another name for exercise is 'physical fitness'. Most people exercise in their spare time. Others have jobs that involve exercise. Sports are some of the most popular ways to get exercise.

When we exercise, "feel good" chemicals are released in our brains which make us feel happy

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

What is important when taking your pulse? e.g. make sure you take it on your wrist/neck. How high did your pulse go? What does it mean if your pulse rate has increased?