

How can you develop your strength?

EQUIPMENT:

Throw down strips or spots x 24

I can support my own body weight on both the cross touch and jumping jack planks

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

I can support my own body weight and perform the challenges at all stations

WARM UP:

Children to follow coach Kelly's warm up or play paper, scissors stone...

Whole class.

1. Start in a pair.
2. Play paper, scissors stone...

If you **lose**, you run to the end of the hall and back.

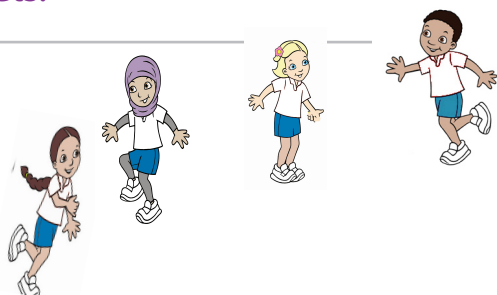
If you **win**, stay to play someone else- keep going until the whole class is warmed up!

Healthy ME  **recap of prior learning in Yr 3...**

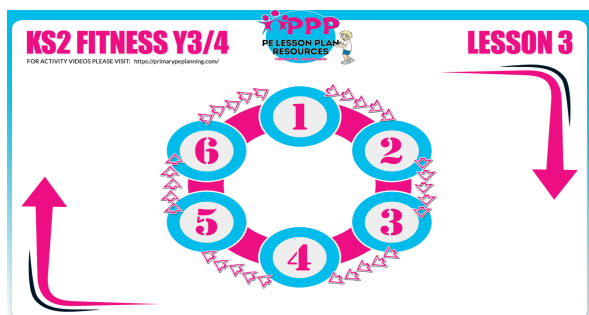
What does your heart do when you exercise?

It will beat faster, this is to make sure that the blood can reach the muscles you are using giving them enough oxygen to function.

Did you know that your heart is a muscle? The more we exercise it the stronger it gets!



Circuit Layout:



Linking learning recap: 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 at which stations they need lots of strength? Do they need it 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, this time trying the challenges?

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

Healthy ME



How does exercise benefit our bodies?

- Improves your brain health
- Helps manage weight
- Reduces the risk of disease
- Strengthens bones and muscles
- Improves your ability to do everyday activities

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? At which station did you feel you had to use the most strength?