

EQUIPMENT:

Throw down strips or spots x 24

How do you keep control when performing your exercises?

I can hop on either leg, keeping good control

I can hop with speed on either leg, keeping control

I can keep good control when performing each of the exercises

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 the given area

Simon says "**Jog**" children jog around in the given area

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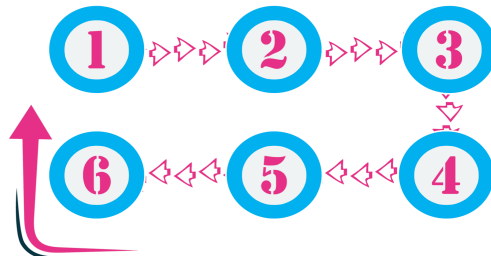
Q&A: Do you remember how many minutes/hours a day you should aim to be active for your physical and mental well being?

At Least **60 minutes per day** across the week.

What can we do to keep our hearts healthy? Keep Active, Eat healthy food, get enough sleep, not too much screen time, Be positive!



Circuit Layout:



1. Children to try hopping on their preferred and non preferred leg (see station 5)

Q&A: How do you keep control when performing a hop? **Linking learning: you need strength in your leg, good balance, good technique and concentration (which we have looked at over the last three lessons)**

2. Watch the videos to ensure their technique are correct.- Children to copy and have a practice!

3. Children to now **complete the circuit**- Remember to have good **control** when exercising

4. In pairs/fours- can you time how many hops:

- 1) You can do on your preferred leg?
- 2) You can do on your non preferred leg?

Rules: if you put your foot/leg down on the floor you cannot count that as a point!

Circuit 1	Exercises	Time	Rest Time	Differentiation		Equipment needed
Station			Rest	Make it easier	Challenge	
1	Seal Claps	30sec	30sec	Slow the Jumps down	Fast	No equipment
2	T-press up - from knees	30sec	30sec	Press up from knees with knees under your hips	Full press up position	No equipment
3	Squat finger tips touch the floor	30sec	30sec	Quarter squat	Full squats and fast standing up	No equipment
4	Toe touches - on your back reach up to touch your toes	30sec	30sec	slowly and slight reach	bring your shoulders off the floor as much as you can and slowly return	No equipment
5	Hop right to left - side to side - RIGHT ONLY	30sec	30sec	Hop x1 right - Reset - Hop x 1 left - Reset	Fast & explosive	No equipment
6	Burpees	30sec	30sec	TBE	Fast & explosive	No equipment

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

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When could you be/get active outside of your PE lessons?

Why do you think that this is important?

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? Did you keep control when exercising? Did you improve your performance?