

How can you challenge yourself?

EQUIPMENT:

Throw down strips or spots x 24
Stopwatch

I can challenge myself to hold the tree pose for at least 15 seconds

I can challenge myself to perform star jumps at speed for 30 seconds

I can challenge myself and try the harder challenges on my own exercise or each station

WARM UP:

Warm up- follow coach Kelly or see below...

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.

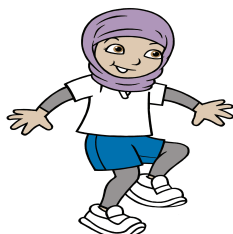
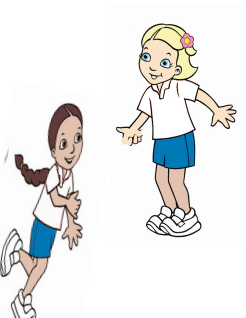
If you win, stay to play someone else- keep going until the whole class is warmed up!



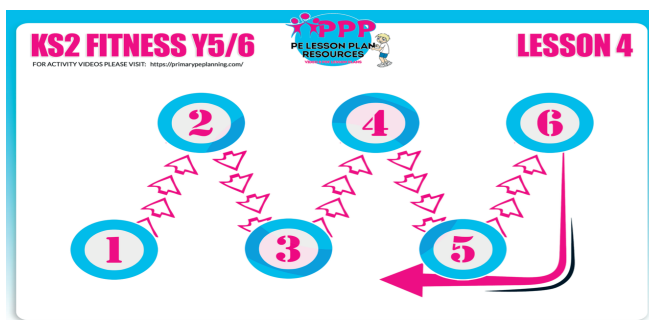
Healthy ME

What physical activities can we do with others?

How might completing activities with others benefit us? Helps us to be more confident in communicating and can make the exercise fun and something we want to do, not have to do.



Circuit Layout:



1. Watch and have a go! Play the videos to ensure their techniques are correct.

Q& A: How can you challenge yourself on each station? Can you give yourself a personal target to challenge yourself on each one?

2. Complete the circuit 1/ 2 times-

| Circuit 1 | Exercises | Time | Rest Time | Differentiation | | Equipment needed |
|-----------|---|-------|-----------|--|--|------------------|
| Station | | | Rest | Make it easier | Challenge | |
| 1 | TBE | 40sec | 20sec | Slow | Explosive | No equipment |
| 2 | Yoga - TREE pose | 40sec | 20sec | 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 | Spotty dogs | 40sec | 20sec | Step out laterally one side then back to centre - repeat other side | Fast | No equipment |
| 4 | Side lateral leg raise - standing | 40sec | 20sec | Standing on right leg - lift leg leg in front | Move the left leg lateral and back to the centre - repeat with the movement but balancing on the right leg | No equipment |
| 5 | Burpees | 40sec | 20sec | TBE - slow | Chest to floor and extend arms out either side when you hit the floor | No equipment |
| 6 | Balance on one leg & slowly kick back the left leg and lean forward with your upper body - slowly and controlled - reset to starting position | 40sec | 20sec | Just put your left leg behind you and keep up right - balance and holding position | Keep controlled | No equipment |

3. Children to create an exercise/s that you can add a challenge to.

E.g. Hopping over spots, how can you make this harder? E.g hop over cones.

Make it harder: Take your pulse rate at the end of the circuit. Q& A: Depending on which on which exercise you finish on what would happen to your pulse rate?

e.g. if you finished on Tree Pose compared to Burpees

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

*How did you challenge yourself? Where can you put yourself on the progress-o-meter?
How can you get to the next step?*



Healthy ME

How do you feel when you reach a goal?

If you set yourself a fitness/physical activity goal, it can help motivate you to stay active and give you a sense of success when you achieve it.