

How do you keep control when performing your exercises?

## EQUIPMENT:

Throw down strips or spots x 24

I can hop on one leg slowly, keeping some control

I can hop on one leg, keeping control

I can hop on either leg, keeping good control

## WARM UP:

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

## Healthy ME



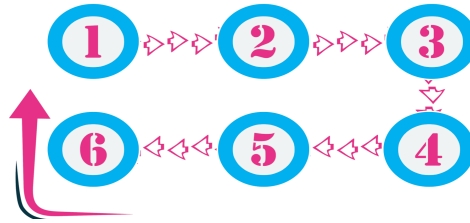
## How many hours a day should you aim to be active, for your physical and mental wellbeing?

From age five and over, children need to do moderate to vigorous intensity activities for an average of at least **60 minutes per day** across the week.

You don't need to do one activity for an hour. You can spread your activity throughout the day.



# Circuit Layout:



1. Try hopping on one leg (Watch Coach Kelly at Station 5)

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

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

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

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

## Healthy ME

**How many hours a day do you exercise? Tell your teacher or a partner.**

**Remember if you play football or exercise at breaktime this counts towards your 60 minute exercise a day!**

**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? What other sports do you need good balance for? What activities do you do each day? Do you complete 60 minutes each day?*