

EQUIPMENT:

Throw down strips or spots x 24

How can you improve your technique when performing?

I can work to improve my technique when co-ordinating my body parts .

I can begin to improve my technique by listening to feedback from my teacher/partner

I can improve my technique showing good co-ordination and control

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

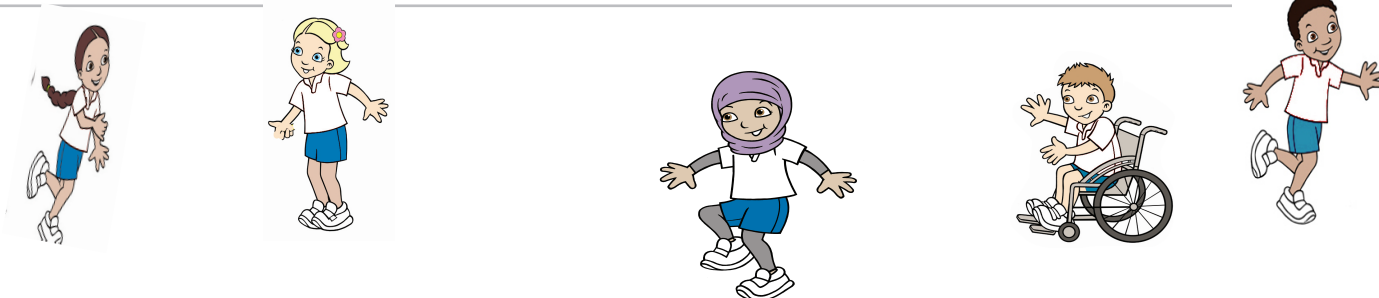
What is exercise?

Exercise is anything that helps you to move your body and keeps you active.

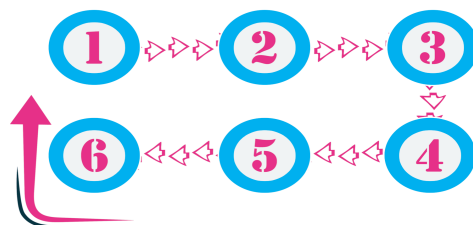
Exercise is all about moving and being active and may make your body feel warm and tired.

Remember to exercise properly, we need to have lots of energy, which we get from the food that we eat.

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



Circuit Layout:



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

Q&A: Why is it important to have good technique? It helps ensure we do not get injured. Also enables us to perform the skill better and quicker- **helping us to get a PB**

Circuit 1	Exercises	Time	Rest Time	Differentiation		Equipment needed
Station			Rest	Make it easier	Challenge	
1	High Knee	30sec	30sec	March on the spot	Speed the drill up	No equipment
2	Lunge forward	30sec	30sec	Take smaller step forward	1 REP forward & 1 REP backwards - same side	No equipment
3	Star Jump	30sec	30sec	Just laterally SJ arms OR legs	Speed the drill up	No equipment
4	Star lunge	30sec	30sec	Take smaller lateral step	Go down low and push off fast with balance & control	No equipment
5	Mountain climbers	30sec	30sec	Do not climb your legs too high either side	Step out to the side next to you hand - without moving your hips	No equipment
6	Lunge walk x 4 & turn Lunge walk back x4	30sec	30sec	Lunge forward on the spot	take long strides when you lunge forward - keep your shoulders back and keep balanced	No equipment

- Children in pairs. **Watch the Station 5 video again** (Mountain climbers). What are the key teaching/coaching points?
- Now teach it to your partner.** You can watch the videos again to look at the technique.

Mini Coaches: Can you use an iPad/tablet to film your partners technique? Watch it together- now try and improve your performance.

- If time allows, repeat the circuit- remember focus on your technique!

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

Did you know movement and exercise helps you to concentrate and learn better

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 do you think was important when trying to improve your technique?
What was your favorite station and why?*