

# FITNESS LESSON 1 -Yr 5

EQUIPMENT:

Throw down strips or spots  
x 24, bench or box top

**Learning Intention:** *How can you take your pulse when exercising?*

I can exercise and attempt to find my pulse in my neck or wrist.

I can exercise and feel my pulse in my neck or wrist- and attempt to count it for 30 seconds.

I can exercise and count my pulse rate for 30 seconds

**Key words:** Lateral Jump, Highland Fling, High Knee Claps, Shuttle Runs, Repetitions, Rebound Push Up, Plank, Spotty Dogs, Burpees



## WARM UP:



Children to follow coach Kelly's warm up, or play stuck in the mud. A warm up is also called a **pulse raiser**.

The only way to free a player is to perform 3 star jumps at the same time.



After completing a pulse raiser as a warm up.

1. Can you feel your pulse in your neck/wrist?



**Linking learning:** In Year 4 we learned how to take our pulse in our neck. Remember-do not use your thumb, because it has its own pulse that you may feel.

2. Can you count how many beats in 30 seconds?

3. Now you have your score, x 2= heart rate (beats per minute).

4. What did you get?

## ACTIVITY 1: Circuit (complete this twice)

1. Children to complete the circuit. Remember to watch the videos to ensure their techniques are correct.

2. Can the children take their pulse rates at station 3 and 5?



**Which station increased your pulse rate the most?**

A pulse raiser exercise makes your heart beat faster and pumps blood around your body to get oxygen to your muscles.



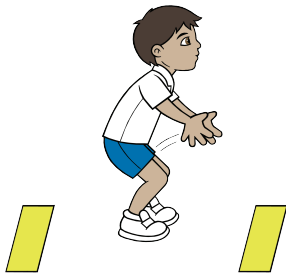
**Challenge:** In pairs, come up with some of your own exercises that increase your heart rate.

# Station 1

## FOOTWORK - 40 sec

Start centre  
Forwards and backwards  
Feet together  
Rest - 20 sec

**Make it easier:** Slow the jumps down  
**Make it harder:** Increase speed



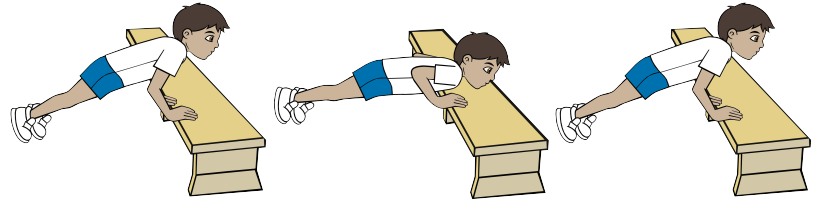
# Station 2

## INCLINED PRESS UP - 40 sec

Rest - 20 sec

**Make it easier:** Start from your knees

**Make it harder:** Feet on bench



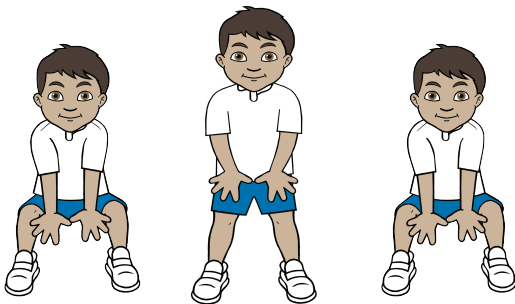
# Station 6

## SQUAT - 40 sec

Rest - 20 sec

**Make it easier:** Quarter squat

**Make it harder:** Pulsing squat load on the quads or squat jump



# Station 3

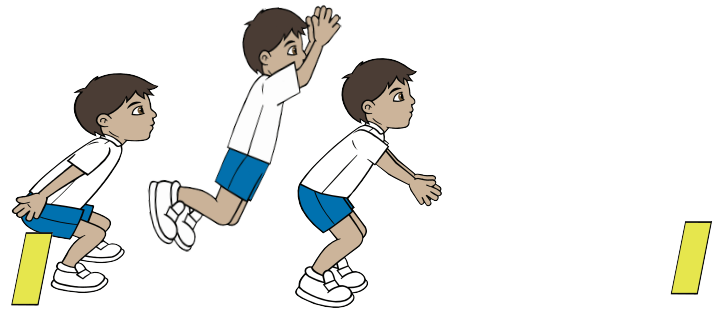
## 2 x DOUBLE JUMPS - 30 sec

forwards

Rest - 20 sec

**Make it easier:** 1 x jump forward

**Make it harder:** 4 x jumps forward



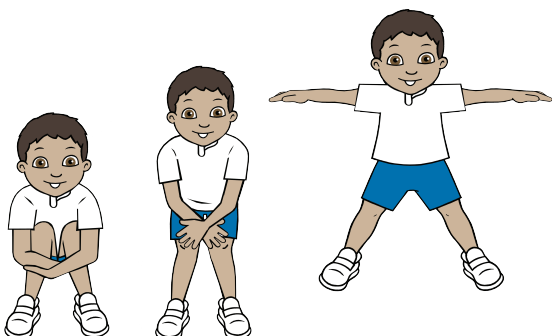
# Station 5

## X - JACK - 40 sec

Rest - 20 sec

**Make it easier:** Standing up and just to STAR JUMPS

**Make it harder:** Increase speed



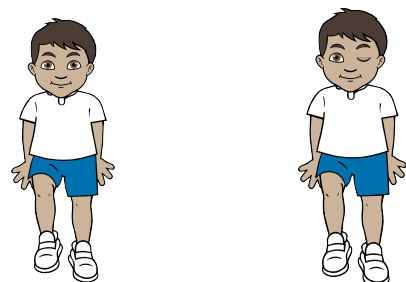
# Station 4

## STAND ON ONE LEG - 40 sec

Rest - 20 sec

**Make it easier:** Stand as long as you can then reset your position and start again

**Make it harder:** Shut one eye



## ACTIVITY 2: MYO (Make Your Own)



**Challenge:** In pairs, come up with some of your own exercises that increase your heart rate.

**Can they teach their exercises to another group?**

**Can they check their pulse rates?**



We have completed some fantastic fitness activities in PE today, but regular physical activity is essential to maintain good mental and physical health.

When and where can you participate in physical activity everyday?

What about at the weekend?

How does exercise make you feel?

### COOL DOWN

Children to create their own cool down- gentle jogging, slower movements to decrease their pulse rate. They could also perform some stretches.

### PLENARY

What is important when taking your pulse? e.g. make sure you take it on your wrist/neck. How high did your pulse go? What does it mean if your pulse rate has increased?