

FITNESS LESSON 1 - Yr 6

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

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I can measure my pulse rate before and after exercise and explain how it changes when my body is working harder.

Key words: Explosive, Inclined, Isolated, Combination, Set, Lateral, Load, Pulsing, Maximum.



WARM UP:



Before you start the warm up, can you measure your pulse rate?

Linking learning: Remember count for 30 seconds then X2.

This would be your resting pulse rate.



Check pulse in neck or wrist



Follow coach Kelly or warm up in pairs.

Lead your partner through a warm up. Remember in year 5 we looked at pulse raisers. What could you include in your warm up?

After your warm up (your pulse raiser) can you check your pulse rate again?



Has it increased? If so, how much has it increased by?

Remember that it is important to warm up, to mentally and physically prepare yourself for exercise - getting more oxygen to your muscles!

ACTIVITY 1: Circuit

1. Children to complete circuit 1 or 2.

Remember to watch the videos to demonstrate or ensure the techniques are correct.

2. Can the children take their pulse rates after each station?



Which station increased your pulse rate most?

What is the maximum number your pulse rate reached?

3. Repeat the circuit. They could record their pulse rate again and see if there are any differences.

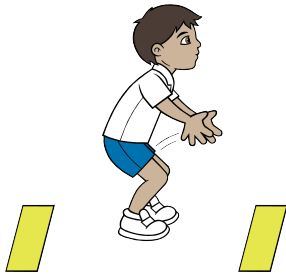
Make it easier: Record scores after station 1, with support if necessary.

Station 1

FOOTWORK - 40 sec

Start centre
Forwards and backwards
Feet together
Rest - 20 sec

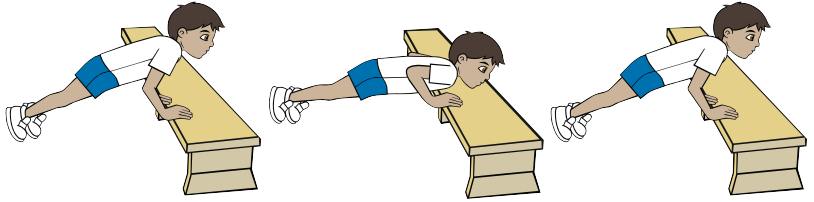
Make it easier: Slow the jumps down
Make it harder: Increase speed



Station 2

INCLINED PRESS UP - 40 sec

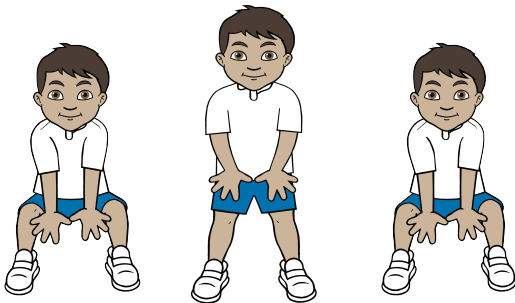
Rest - 20 sec
Make it easier: Start from your knees
Make it harder: Feet on bench



Station 6

SQUAT - 40 sec

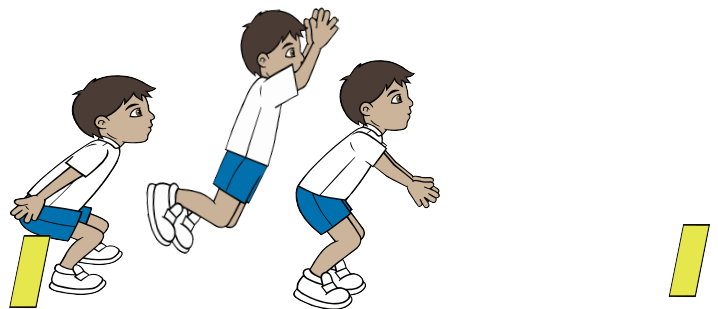
Rest - 20 sec
Make it easier: Quarter squat.
Make it harder: Pulsing squat, load on the quads or squat jump.



Station 3

2 x DOUBLE JUMPS - 30 sec

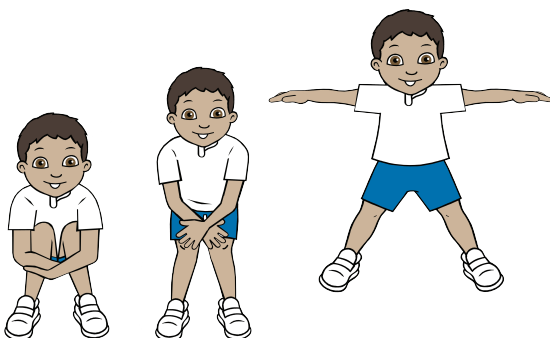
Forwards
Rest - 20 sec
Make it easier: 1 x jump forward
Make it harder: 4 x jumps forward



Station 5

X - JACK - 40 sec

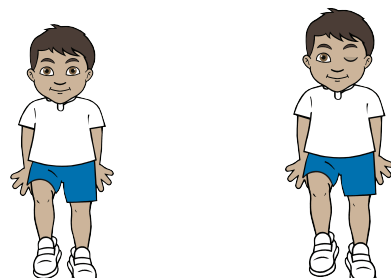
Rest - 20 sec
Make it easier: Standing up and just do STAR JUMPS.
Make it harder: Increase speed.



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.





Can you remember what chemicals your brain produces when you exercise? Endorphins, serotonin.

Which ones are responsible for improving your mood?

The brain produces dopamine and endorphins which improve your mood.

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?

