

Learning Intention: How can you exercise for 40 seconds without stopping?

Year 1:

I can complete some of the exercises for 40 seconds

I can complete most of the exercises for 40 seconds

I can complete all of the exercises for 40 seconds confidently

Resources:

Online video,
mats

Warm Up: Video or teacher to lead

See video with Captain Haynes, **or** teacher to lead a pirate warm up below.



Teacher Warm up:

Children to find a space and listen to the teacher's instructions.

Aye, Aye Captain: Stand tall, salute and call "Aye, Aye Captain!"

Scrub the deck: Crouch down low and pretend to scrub the deck.

Shark: Balance on one leg

Sinking ship: Jog on the spot and pretend to row the boat as fast as possible.

Man over board: Pretend to swim as fast as possible.

Climb the rigging: Pretend to climb a ladder

Main Activity: Pirate Adventure Fitness (follow the video or teacher to lead):

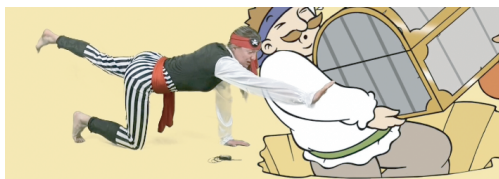
1) Star jumps for 40 seconds - jumping along with the pirates



2) 2-footed, big jumps for 40 seconds - jump as far as you can across the rocks, turn and jump back again.



3) Superman exercises for 40 seconds - using your opposite arm and leg, pushing the treasure into the hiding spot

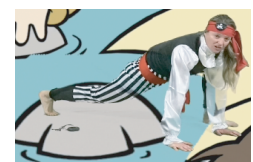
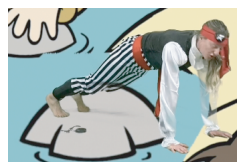


4) Marching for 40 seconds - celebrating finding the treasure

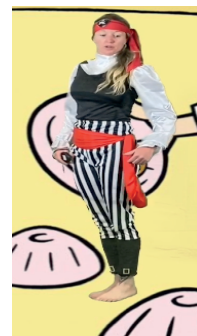
Make it harder? Get those legs moving quicker and with fast, high knees!



5) Press up position bringing leg up - 40 seconds



6) Lunges over the shells



Activity: Extension

1. Repeat the exercises twice (the main activity)

2. Choose your favourite exercises.

Can you now repeat these and complete for 40 seconds?

3. Make up your own pirate exercise - can you try and do this for 40 seconds?

Challenge: Working with a partner - Can one of you count to 40 seconds, while the other completes the exercise?

COOL DOWN

See video or jog on a spot slowly, then marching, then finish off by saluting the captain!

PLENARY

What was your favourite part of the lesson?

What key values did you show today to ensure you kept going for the 40 seconds? (e.g. determination, perseverance)