

PIRATE FITNESS Year 2

LESSON 4

Learning Intention: How can you perform different exercises that make your heart beat faster?

Year 2:

I can jog on the spot slowly or quickly

I can perform star jumps for 40 seconds, some of them at speed

I can skip quickly, using double jumps continuously for the 40 seconds

Resources:

Online video,
mats

Starter:

*Before you start the lesson - all children are to put their hands on their chest.
Can they feel their heart beating?*

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.

North : Run forward

South : Run backwards

East : Side step to the right

West: Side step to the left.

Canon ball : Squat down quickly and get into press up position

Land Ahoy: Climb up the ladder, look out of your telescope and call "land Ahoy!"

Note: you can also add the other instructions from lesson 1-3 warm up.

Q&A: What happens to your body when you exercise?

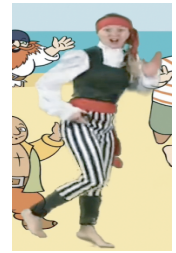
1. Heart beats faster - your heart is pumping the blood around your body, warming your muscles up, getting them ready for exercise.
2. Your body feels and becomes warmer!
3. Your breathing gets faster.

Did you know? Our beating heart creates something called a pulse. Your heart has to push so much blood through your body that you can feel a little thump in your arteries each time the heart beats! You can also feel your pulse on your wrist and even your neck- **Can you try and feel your pulse?**

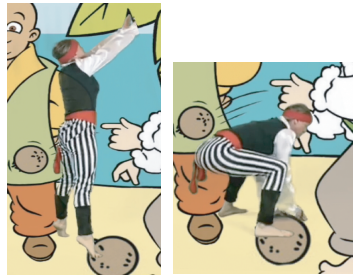
Main Activity: Pirate Adventure Fitness (follow the video or teacher to lead):

1) Running on the spot for 40 seconds and running away from the pirates.

Make it harder: Run faster!



2) Reach up, grab the coconut, bend knees and place on the floor (like squats) - for 40 seconds.



3) Clean the deck - crawl around on the ship.
Do not let your knees touch the floor for 40 seconds!



4) Star jumps for 40 seconds.

Make it harder: Jump faster!



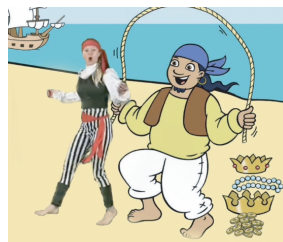
5) Touch the shells with your nose, perform a press up on your knees.

Make it harder: Try a full press up!



6) Skipping next

Make it harder: Jump with 2 feet and go faster using double jumps.



Activity 2:

Can the children have a go, find their pulse again and feel the beat? What happened after exercising?

Make it harder: Count how many beats in 10 seconds.

Q& A: Why does your heart beat faster when you exercise? This happens so that blood can be taken quickly to the muscles that you're using, so they get enough nutrients and oxygen to work properly.

- 1) Can you and a partner think of 3 exercises that will make your heart beat faster?
- 2) Can you teach another group your exercises?

COOL DOWN

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

PLENARY

What exercise made your heart beat the fastest?

Which was your favourite?