

How can you improve your technique when performing at each station?

EQUIPMENT:

Throw down strips or spots x 24

I can attempt to improve some of my techniques at each station

I can watch the techniques on the video and then begin to improve my performance

I can begin to concentrate on isolated body parts to improve my technique e.g arms, legs

WARM UP:

Children to follow coach Kelly's warm up or teacher can play "Simon Says"

Simon says "Star jumps"

Simon says "jog on a spot"

Simon says "Frog jumps"

Simon says "High knees"

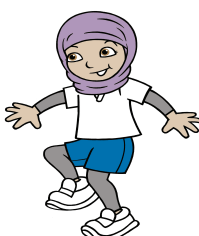
Simon says "Stretch up tall" etc

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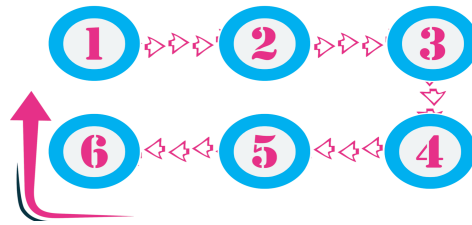


What does your heart do when you exercise?

It will beat faster, this is to make sure that the blood can reach the muscles you are using, giving them enough oxygen to function.



Circuit Layout:



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

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

2. Children in pairs. Watch the Station 2 video again (Lunge). What are the key points?

Now teach it to your partner. You can watch the videos again to look at and learn the technique.

Mini Coaches: Can you use an iPad/tablet to film your partners technique?

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

Make it harder: Try the challenges at some or all of the stations

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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 also perform some stretches.

PLENARY

What was difficult when trying to improve your technique? Thinking about the 'Key Values', which one/ones do you think that you used more than any other today?