

EQUIPMENT:

Throw down strips or spots x 24

How can you keep your balance when performing your exercises?

I can keep my balance on both preferred and non preferred leg

I can attempt to keep my balance moving forwards, backwards and side to side

I can keep my balance when performing forwards, backwards and side to side

WARM UP:

Children to follow coach Kelly's warm up or play paper, scissors stone...

Whole class.

1. Start in a pair.
2. Play paper, scissors stone...

If you **lose**, you run to the end of the hall and back.

If you **win**, stay to play someone else- keep going until the whole class is warmed up!

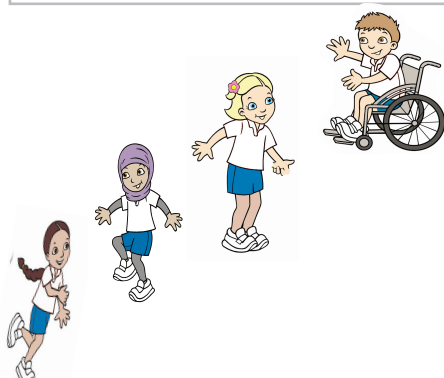
Healthy ME  recap of prior learning...

How does your brain get more oxygen when you exercise?

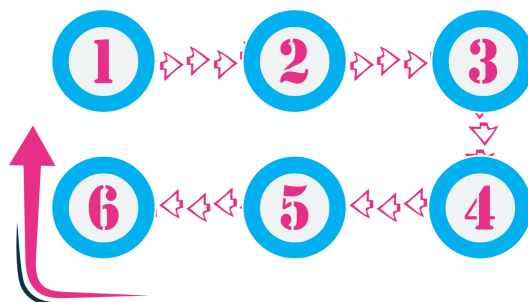
Blood flow increases during exercise

Blood flow to the brain also increases which gives it more oxygen and nutrients.

Your brain starts to produce chemicals which help to boost your mood!



Circuit Layout:



Recap of prior learning. What is Balance? **Balance is the ability to maintain a controlled body position during a task/activity**

1. Watch the videos to ensure their techniques are correct.- Children to copy and have a practice!
2. Children to complete the circuit- Ask them to think about at which of stations do they require **good balance**?
3. Children in pairs, to create a balance exercise using different parts of their body:

Exercise 1: Using legs to balance

Exercise 2: Using stomach to balance on

Exercise 3: Balance on hands and feet

Circuit 1	Exercises	Time	Rest Time	Differentiation		Equipment needed
Station			Rest	Make it easier	Challenge	
1	TBE	30sec	30sec	Slow	Explosive	No equipment
2	Yoga - TREE pose	30sec	30sec	have your left foot low & flat against your right ankle	Have your left foot flat and high against the inside of your thigh	No equipment
3	Star Jumps	30sec	30sec	Step out laterally one side then back to centre - repeat other side	Fast	No equipment
4	Stand on one leg and lean forward - allow your leg to bend and go behind you	30sec	30sec	Standing on right leg - lift leg in front	Lean forward and reach your hands in front - slowly come back up and reset - REPEAT	No equipment
5	High Knees Clap	30sec	30sec	March on the spot	Fast - knees high	No equipment
6	Stand on one leg - STAND ON RIGHT - move left leg in front of you and behind you - repeat	30sec	30sec	stand on one leg	Try adding - (lateral movement) - one forward - one backwards & one to the side - REPEAT	No equipment

Make it harder: Repeat the circuit and/or try the challenges at each of the stations

Linking Learning: How do you use balance in your sports or PE lessons? E.g. Gymnastics- jumping off apparatus, Dance- Jumping, turning and landing, Netball- jumping up to catch a ball and landing on your feet.



How do you feel when you reach a goal? If you set yourself a fitness/physical activity goal, it can help motivate you to stay active and gives you a sense of success when you achieve it.

Can you set yourself some goals in PE or your sport?

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 add some stretches.

PLENARY

Which station did you like best? Why is balance so important in sport? How do you use balance in your sport?