

How can you challenge yourself at each station?

EQUIPMENT:

Throw down strips or spots x 24

I can challenge myself and try some of the harder exercises

I can challenge myself and try the harder exercises at each station

I can challenge myself and attempt to get a PB at each station

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

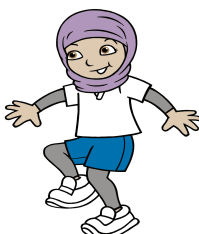
Healthy ME



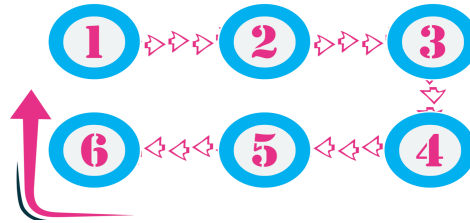
Why do we need to exercise?

Regular exercise has many health benefits for you...

- Healthy heart and lungs
- Muscle strength
- Positive impact on emotional and mental health as well as improving behaviour and concentration.



Circuit Layout:



1. Children to complete the circuit . Watch the videos to ensure their techniques are correct. **Record** your scores.

Q&A: How can you challenge yourself? What key values do you think that you need for this?

2. **Now:** Repeat- can they try and get a PB? (Personal Best)

Circuit 6	Exercises	Time	Rest Time	Differentiation	Equipment needed	
Station			Rest	Make it easier	Challenge	
1	Spotty Dogs	30sec	30sec	Only raise and alternate arms - jogging on the spot	Fast & Explosive	No equipment
2	Foot work - Feet together - cones or markers on floor - TRIANGLE - start bottom RIGHT corner & jump to the top marker which is shaped as a triangle to bottom LEFT - REPEAT	30sec	30sec	Forward & back wards OR side to side	Fast & Explosive	4 x throw down strips/spot/cones per child
3	TBE	30sec	30sec	SLOW	Fast & Explosive	No equipment
4	Step up and down - BENCH - Right only - Step up right & down right	30sec	30sec	Step up RIGHT side only - no fast steps	Fast & balanced with control	No equipment
5	Star Jumps	30sec	30sec	Step out to the sides laterally and reset - REPEAT other side	Fast	No equipment
6	Double jump x 2 and x4 pogo jumps - TURN and Repeat	30sec	30sec	Slowly	Fast & make the double jump explosive and long	No equipment



We have just completed some high intensity fitness activities that have made our hearts beat fast. A balance of different physical activity is important, can you think of some low intensity physical activities you could do?

if you would like to be more active, click on this link below and you can then try some home PE...

<https://primarypeplanning.com/home-pe/>

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

*How else could you challenge yourself in (in PE or sports)? What was your favourite station?
What was the most difficult station?*