

How can you compare your performances with previous ones and demonstrate improvement to achieve a personal best?

EQUIPMENT:

Throw down strips or spots x 24
Stopwatch

I can compare my performance and try to achieve a personal best

I can compare my previous performance and improve my speed and technique to achieve a personal best on some stations

I can compare my previous performance and improve my speed, strength and balance to achieve PB's (Personal Bests)

WARM UP:

Warm up- follow coach Kelly or see below...

1. Children to create their own warm up (pulse raiser) Children complete this to music

Remember using movements such as running, jumping, skipping, star jumps etc...

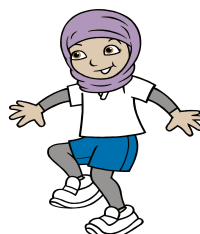
Linking learning- last lesson we looked at activities that increased your pulse rate e.g. jumping, jogging, star jumps etc .

Healthy ME

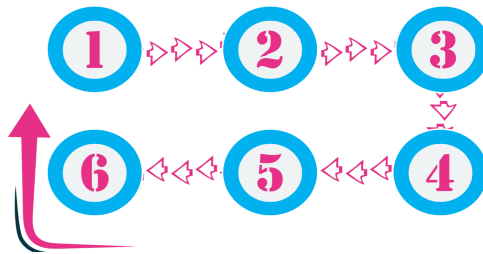
We also call a warm up a pulse raiser- these are exercises such as running, jumping, skipping and hopping. You can feel your pulse in your neck or wrist.

Can you have a go at feeling your pulse?

Make it harder: count your pulse for 30 seconds x 2



Circuit Layout:



1. **Children to complete the circuit** and note down their scores (use score card). Remember to watch the videos to ensure their techniques are correct.

Q&A: Recap of prior learning: What is a PB (personal best)?

Did you know, you need different types of fitness to help **improve** your performance?

Speed- you need this so you can go faster,

Strength- e.g. to bend and squat down

Co-ordination - e.g. to perform the highland fling (station 5), crossing arms and legs at the same time.

Flexibility - e.g. to lunge forward

Circuit 1	Exercises	Time	Rest Time	Differentiation		Equipment needed
Station			Rest	Make it easier	Challenge	
1	High Knee Claps	40sec	20sec	No claps	Speed the drill up	No equipment
2	Lunge & Reach	40sec	20sec	No Reach	1 REP forward & 1 REP backwards	No equipment
3	Star Jump	40sec	20sec	Just laterally SJ arms or legs	Speed the drill up	No equipment
4	Squat - finger tips touch floor	40sec	20sec	Quarter Squat	Squat Jump	No equipment
5	Highland Fling	40sec	20sec	Only criss cross legs	Speed the drill up	No equipment
6	Lunge forward & touch floor	40sec	20sec	Lunge forward only	Excel with the push off from the lunge & touch forward back to starting position	No equipment

2. Children to **repeat the circuit**. This time try to beat your score to achieve a personal best. Remember- it is important to be honest when recording your scores.

Note: You could give the children a stopwatch. Then, when they repeat the stations they can time their partner/group.

Make it harder: Try the challenge at each station/exercise.

Healthy ME

When we exercise, “feel good” chemicals are released in our brain which makes us feel happy

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 did you try and achieve a PB? What is important when trying to do this?