

How can you improve your performance?

EQUIPMENT:

Throw down strips or spots x 24
Stopwatch x15
Skipping rope x 15

I can complete the circuit then repeat it trying to improve my performance on some of the stations

I can complete the circuit and repeat it and improve my technique and performance on each station

I can work with partner giving and receiving feedback to improve both our techniques and performance

WARM UP:

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

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.

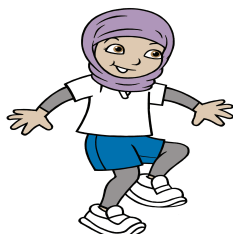
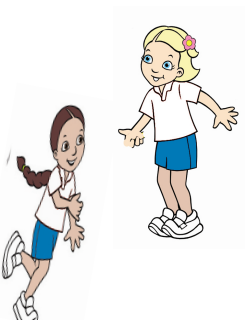
If you win, stay to play someone else- keep going until the whole class is warmed up!



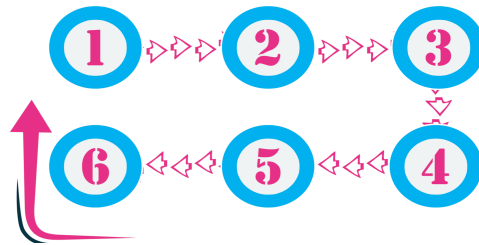
Healthy ME

What physical activities can we do with others?

How might completing activities with others benefit us? Helps us to be more confident in communicating and can make the exercise fun and something we want to do, not have to do.



Circuit Layout:



1. Watch and have a go! Play the videos to ensure their techniques are correct.

Linking learning: Why is it important to have good technique? It helps ensure we do not get injured. Also enables us to perform the skill better and quicker- **helping us to get a PB**

2. Complete the circuit

| Circuit 1 | Exercises | Time | Rest Time | Differentiation | | Equipment needed |
|-----------|---|-------|-----------|--|---|------------------|
| Station | | | Rest | Make it easier | Challenge | |
| 1 | Star Jump | 40sec | 20sec | Step out laterally with no jump | Fast | No equipment |
| 2 | Press up from the knees - single arm chest touch - Right arm remove from floor and touch the left shoulder - repeat opposite side | 40sec | 20sec | Press ups from knees - no single arm chest touch | Full press ups - no shifting the weight when removing a hand from the floor | No equipment |
| 3 | Squat Jump | 40sec | 20sec | No jump - Only Squat | Fast & explosive | No equipment |
| 4 | X- Touch- plank, engage core - right knee to left elbow - alternate | 40sec | 20sec | Stay in plank position from the knees | Slow the movement down - more control | No equipment |
| 5 | Over head slamb - imagine you have a ball above your head and slamb the ball forward into full squat position | 40sec | 20sec | Over head reach and slamb without squat | Fast & explosive | No equipment |
| 6 | High knees | 40sec | 20sec | Slowly March | Fast & explosive | No equipment |

3. **Children to repeat the circuit.** This time try, attempt to beat your score to achieve a personal best. Can you **motivative** your partner or someone in your group to perform better?

Mini Coaches: Can you watch and then **correct your partners technique?**

Remember, how coach Kelly performs the exercise- this will help you.

Extension: Give the children a stopwatch. When they repeat the stations they can time their partner/group and at the same time motivate them to attempt to get a PB.

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

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

Did you improve? How did you improve? Why is it important to have a good technique?