

How can you challenge yourself?

I can challenge myself to work for 40 seconds on most of the activities

I can challenge myself to continue the exercises on each station without stopping

I can try the harder challenges every station and continue without stopping

## EQUIPMENT:

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

## 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.

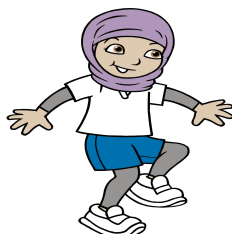
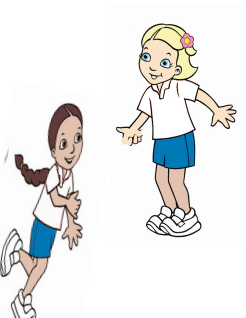
If you win, stay to play someone else- keep going until the whole class is warmed up!



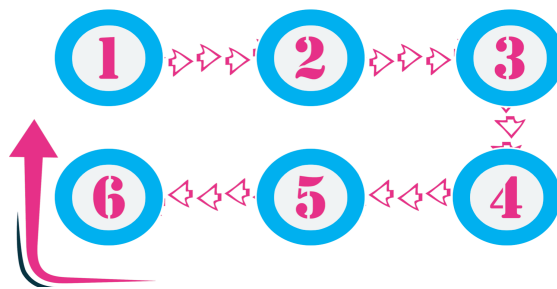
### Healthy ME

Do you ever struggle to make good choices?

Regularly participating in physical activity can help to improve the choices you make.



# Circuit Layout:



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

2. **Complete the circuit**- record your scores.

Now give yourself a **challenge** on each station e.g. to get a PB, try the harder level, or to continue without stopping for the whole 40 seconds.

4. Repeat the circuit and record your scores

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 slams - 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

**EXTENSION:** Create a challenge exercise for your partner



## Healthy ME

If you are feeling low what can you do to help yourself feel more positive?

Do something active. Think about different places/times of the day.

What activities can you do at these times/places to improve your mood?

### 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 improve your technique? Did you help improve your partners technique?*

*What have you enjoyed most with this fitness unit?*