

How can you create a fitness exercise with a partner?

I can create an exercise

I can create a number of exercises and know about some types of fitness

I can create a number of exercises and know about the different types of fitness and relate them to sports

## EQUIPMENT:

Throw down strips or spots x 24  
Stopwatch

## WARM UP:

 **Healthy ME** Before you start the warm up can you measure your pulse rate?  
**Linking learning: remember count for 30 seconds then X2**  
This would be your resting pulse rate.

Warm up: follow coach Kelly or warm up in pairs.

**Recap your warm up with your partner from last lesson.**

After your warm up (your pulse raiser) can you check your pulse rate again?

Has it increased? If so, what has it increased by?

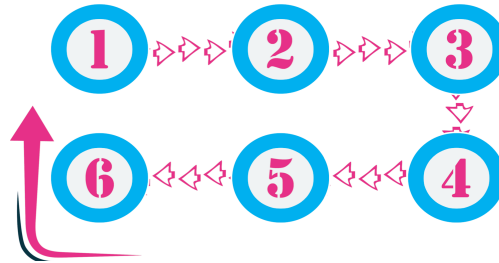
Remember, that it is important to warm up to mentally and physically prepare you for exercise- getting more oxygen to your muscles!

## Activity 1

Here are some different types of physical fitness: balance, co-ordination, agility, speed and strength. These are important to develop with our fitness.

1. Children to sprint fast on a spot this is **SPEED**
2. Children to perform a star jump this is **CO-ORDINATION (of arms and legs working at the same time)**
3. Children to run in and out of cones fast- this is **AGILITY (moving in different directions quickly)**
4. Lunge forward- this is **FLEXIBILITY-** to be able to stretch into different positions
5. Children to perform a tree pose (from Yoga) this is **BALANCE**
6. Children to squat - this is **STRENGTH** - can you feel it in your legs?

## ACTIVITY 2



### 1. Children to complete the circuit

Remember to watch the videos to ensure their techniques are correct.

### 2. Children to complete the circuit what types of fitness did they use?

1. High knees- **co-ordination**
2. Lunge and reach - **Strength**
3. Star jump - **co-ordination**
4. Squat - **Strength**
5. Highland fling- **Co-ordination**
6. Lunge- **Strength and flexibility**

**Make it harder:** Try the challenge exercise

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

### 3. With a partner can they now make up exercises for:

- A. Balance e.g. plank
- B. Agility - e.g. running in a figure of 8
- C. Speed- e.g. shuttles sprints
- D. Co-ordination e.g. Burpees

**Linking Learning:** How could these different types of fitness help you in other sports?  
e.g. **Speed** in Rugby to get away from your opponent.

**Agility** in netball to dodge away from a player.

**Balance** -Golf to have good balance to strike the ball

**Co-ordination**- Swimming co-ordination with arms and legs (breast stroke)

## Healthy ME



Serotonin is released in our brains when we exercise.

What does it do?

It helps to regulate our mental health (reduces anxiety and depression)

**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

*What is important when taking your pulse? e.g. make sure you take it at your wrist/neck. How high did your pulse go? What does it mean if your pulse rate has increased? Can you remember the name of the chemical released in our brains when we exercise?*