

How can you improve your strength?

EQUIPMENT:

Throw down strips or spots x 24
Stopwatch

I can create some stations that can improve my strength

I can create a strength circuit that can help improve my strength

I can create a circuit that can improve my strength and relate it to the sports I take part in

Note: This may take more than one lesson

WARM UP:

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

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

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

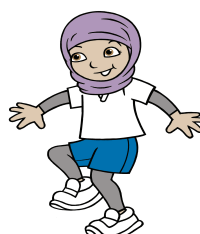


Healthy ME recap of prior learning...

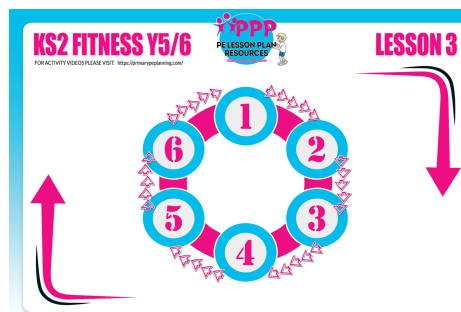
Aerobic activity is any kind of movement that makes your muscles use oxygen

During **aerobic** exercise, large muscles are moving, the heart beats faster, and you breathe harder.

Aerobic activity strengthens the heart and improves the body's ability to deliver oxygen to all its cells.



Circuit Layout:



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

Recap of prior learning: What is strength?

Muscle strength is how strong you are.

Muscular endurance is how long your muscles can work.

2. Complete the circuit once- think about how each station uses strength e.g. station 1 sprints (leg strength), Station 2 step ups (leg strength) Station 3 Rebound push ups (arm strength) etc...

3. **Create a circuit** in pairs which helps to improve your muscle strength...

1. In your arms
2. In your legs
3. In your core

Make it harder: Create 2 stations for each (arms, legs and core)

Linking learning: Can you relate your exercises to sports that you take part in?

Arm strength e.g. Gymnastics hand stand, netball passing, tennis forehand hit

Leg strength- Athletics sprinting, football shooting swimming kicking, martial arts

Core Strength- Yoga, dance, football, martial arts

Circuit 1	Exercises	Time	Rest Time	Differentiation		Equipment needed
Station			Rest	Make it easier	Challenge	
1	Shuttle Runs - to & from cone - sprint to cone and jog back	40sec	20sec	Jog to and from	Sprint to and from	2 x throw down strips/ spot/cones per child
2	Step ups - onto bench	40sec	20sec	Slowly - controlled	Fast - explosive	No equipment
3	Rebound Push ups - From their knees, push off with their hands and land on their hands	40sec	20sec	Normal press ups from your knees	Full press ups - don't start from your knees	No equipment
4	Side Plank - leg on the top place in front of the planted leg to help with balance	40sec	20sec	Keep both your lower leg - on the floor and just push your hips off the floor	Balance top leg on top of the planted leg	No equipment
5	Squat - lift - knee forward - control and start again	40sec	20sec	Only Squat	Make the squat explosive and speed the drill up	No equipment
6	Mountain Climbers	40sec	20sec	Don't need to bring step forward so high on the climb	Control the hips - no movement and step outside next to your hand	No equipment

Healthy ME

After exercise you are in a better state to learn because of the chemical changes in your brain.

Do you remember the names of the chemicals your brain produces when you exercise?

The brain produces dopamine and endorphins which improve your mood. Serotonin is also released in our brains when we exercise- remember 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

How can you improve your strength? What did you enjoy the most about creating your own circuits?

Can you think and then share with us any other sports in which you might use arm, leg and core strength?