

## EQUIPMENT:

Throw down strips or spots x 24  
Stopwatch

How can you challenge yourself?

I can challenge myself to perform star jumps at speed for 30 seconds

I can try the harder challenges each station

I can create a circuit with my friends with challenges on each station

## WARM UP:

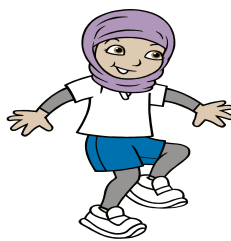
Warm up- follow coach Kelly or repeat your aerobic warm up from last weeks lesson.

Take your pulse before and after the warm up.

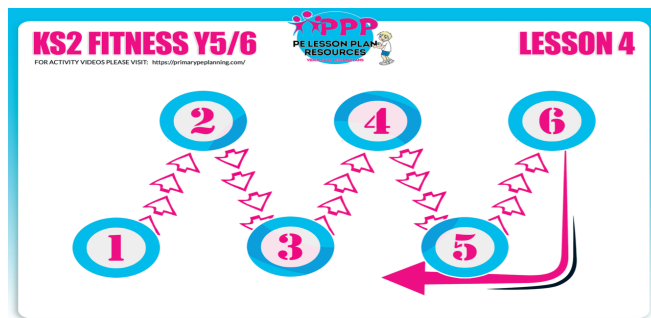


## Healthy ME

Did you know exercise can help to reduce anxiety because it forces the brain to stop focussing on the thing you are worrying about and focus on the physical activity.



# Circuit Layout:



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

Q&A: How can you challenge yourself on each station? Can you give yourself a personal target to challenge yourself on each one?

2. Complete the circuit 1/ 2 times

Circuit 1	Exercises	Time	Rest Time	Differentiation		Equipment needed
Station			Rest	Make it easier	Challenge	
1	TBE	40sec	20sec	Slow	Explosive	No equipment
2	Yoga - TREE pose	40sec	20sec	Have your left foot low & flat against your right ankle	Have your left foot flat and high against the inside of your thigh	No equipment
3	Spotty dogs	40sec	20sec	Step out laterally one side then back to centre - repeat other side	Fast	No equipment
4	Side lateral leg raise - standing	40sec	20sec	Standing on right leg - lift leg leg in front	Move the left leg lateral and back to the centre - repeat with the movement but balancing on the right leg	No equipment
5	Burpees	40sec	20sec	TBE - slow	Chest to floor and extend arms out either side when you hit the floor	No equipment
6	Balance on one leg & slowly kick back the left leg and lean forward with your upper body - slowly and controlled - reset to starting position	40sec	20sec	Just put your left leg behind you and keep up right -balance and holding position	Keep controlled	No equipment

3. Children to create their own circuit and add a challenge .

E.g. Hopping over spots, how can you make this harder? E.g hop over cones.

**Linking Learning: In year 5 you created one exercise and make it more difficult**

**Make it harder:** Can they tell you what each station focuses on e.g. station 1 (focus on balance), Station 2 (focus strength e.g. planks), station 3: Focus on speed (e.g. sprints) etc...

## 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 challenge yourself? Why is it important to challenge yourself in sport and in life?*



### Healthy ME

How do you feel when you reach a goal?

If you set yourself a fitness/physical activity goal, it can help motivate you to stay active and give you a sense of success when you achieve it.