

How can you ensure you are working continuously?

## EQUIPMENT:

Throw down strips or spots x 24  
Stopwatch

I can exercise for most of the time at each station

I can exercise for the whole timed period at each station

I can exercise at maximum speed, strength and power for the entire timed period at each station

## WARM UP:

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

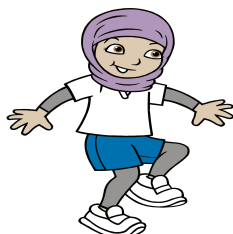
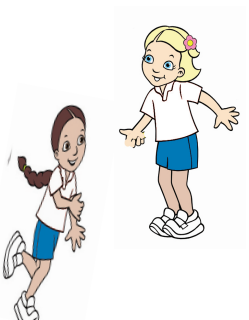
Take your pulse before and after the warm up.



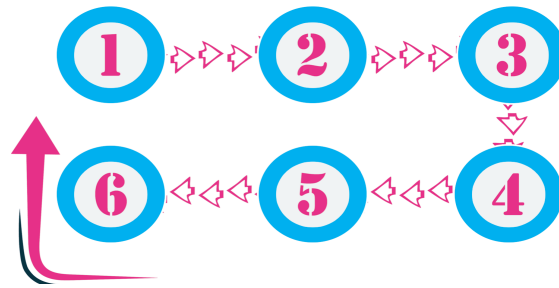
## Healthy ME

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.

Q& A: What do you think **Continuous training** means?

**Continuous training** is a form of exercise that is performed at a 'continuous' intensity throughout and doesn't involve any rest periods (you or a child may need to demonstrate this for 20 seconds)

2. Complete the circuit twice. Children to try and work at a continuous intensity for each one. Remember do not start off too fast as you may not be able to **continue!**

3. Take your pulse when you have completed all stations.

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 slambs - 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

**Make it harder:** Choose the challenge exercise/ go a bit faster

**Make it easier:** Have a longer rest between stations

### 3. Extension: (in pairs/fours with a skipping rope and a stopwatch)

#### Take it in turns to skip:

1. Can you skip continuously for 1 minute? **TAKE YOUR PULSE**

#### Swap over

2. Repeat this again but go really fast? What happens? Can you continue at the same speed for 1 minute? **TAKE YOUR PULSE**

#### Swap over

3. What is the difference in pulse rate between the two?
4. What does this mean when your heart is working faster?
5. Can you try this with different exercises?

### Some Key Values you may have used today...



Children to create their own cool down- gentle jogging, slower movements to decrease their pulse rate. They could add some stretches.

#### PLENARY

*What does working continuously mean?*

*What is happening to your heart when you are exercising?*