

How can you create your own circuit?

I can create a circuit with a group

I can communicate and collaborate with a small group to create a circuit which include some challenges

I can communicate and collaborate with a small group to create a circuit which include challenges, good technique and a variety of components of fitness e.g strength, balance, speed

## EQUIPMENT:

Throw down strips or spots x 24  
Stopwatch x15  
Paper

## 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.

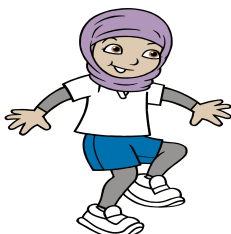
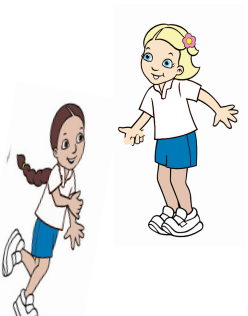
If you win, stay to play someone else- keep going until the whole class is warmed up!



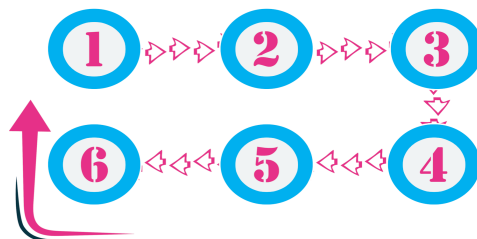
### Healthy ME

More blood and oxygen travelling to the brain encourages new cell growth.

It can also support the development of more neural pathways (this is how messages are sent around the brain), improving your memory and concentration.



# Circuit Layout:



1. Watch and have a go! Play the videos to ensure their techniques are correct.
2. Have a go at the stations with a partner-when you watch coach Kelly, have look at her technique.
3. In pairs/fours create your own circuit- thinking about everything you have learned in all your fitness units.

**Linking learning: Taking your pulse, Strength, balance, control, challenges, working continuously, your technique beating your score (PB)**

3. Complete your circuit- record your scores.
4. Repeat the circuit and record your scores

**Make it harder:** Include differenttypes of fitness- speed, agility, strength, balance, co-ordination.

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**



## Healthy ME

**Gentle exercise can help to alleviate some symptoms of PMS. You can exercise before, after and during your period.**

**During puberty boys get a surge of hormones. These hormones can make you want to exercise more or take part in more sporting/physical activity.**

### **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 create your circuit? What elements of fitness did you include*

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