

FITNESS & FUNS

LESSON 4

Learning Intention: How can you take part in some police training?

Physical Development:

Negotiate space and obstacles safely; with consideration for themselves and others.

Demonstrate strength, balance and co-ordination.

Move energetically, such as running, jumping, hopping and skipping

Resources:

Agility table x 2
Throw down strips and spots
Cones
Scarf
Bench x2
Hoop x 2
Name badges (see resource card)

Main activity: Children rotate around stations (please note 4-6 are a repetition of 1-3) 3-4 minutes on each station

Station 4 - you will need the police badges filled in before the lesson)

Warm up : Police Force

Teacher to explain to the children that they are going to train like Police officers in today's lesson.

If the apparatus are already out, you can complete the activities with each child standing on a spot

Children to listen and follow the instructions:

Get dressed into your uniform- Children to get their police uniforms on as quickly as possible

Drive your Police car- Children to imagine they are driving a police car

STOP, LOOK and LISTEN = Children to FREEZE

Chase the robbers: Run around and pretend to chase robbers (look out for your the other Officers- your friends)

Police Exercises: Star jumps (count to 10)






Police Dogs- Move around like a police dog on all fours

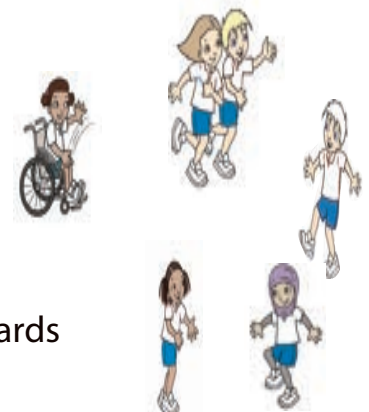
999 : Children jump up and down three times and call out "999!"

Extension:

Help someone: Find a friend, hold hands and walk together

DANGER - Run to a trusted adult -someone you know (run in towards your teacher/TA)

-  Move energetically- Running
-  Move energetically- Skipping
-  Move energetically- Hopping
-  Move energetically- Jumping
-  Negotiate space



Station 1: Find your badge



Negotiate Space

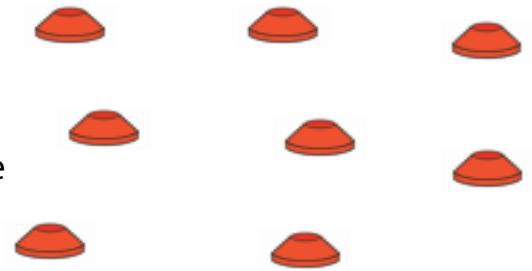


Move energetically- Running

Children to look underneath the cones - Can they find their named police badge? (their name)



- 1) Start behind the line
- 2) Child at front to run and look for their police badge
- 3) If they find it, bring it back to their group
- 4) If at the end they still have not found it give them time to lift all the cones to find their badge.



TP: Bend your knees when picking up the cone

Station 2: Police Exercise training

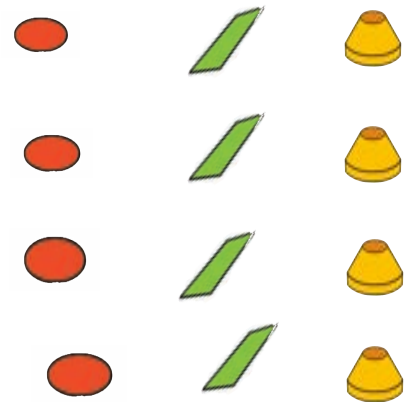


Demonstrate strength, balance and co-ordination.

Children to stand in a line.

- 1) Start in a line
- 2) Run to the spot, jump up and down x 5
- 3) Run to the throw down strip - jump forwards and backwards x 5
- 4) Run to the cone, hop around it and run back
5. Repeat.

Make it harder: Can you all stay in line?



Station 3: Find an object



Move energetically- Hopping

Children to hop to the hoop- pick up an object and bring it back to their police station e.g. bean bags, cones, relay batons etc...



Start behind the line:

- 1) Stand behind the line
- 2) Hop and pick up an object
- 3) Bring it back to your police station (hoop)
- 4) Next person goes - continue until you have all the equipment
- 6) How many objects did you find?



Place a number of objects in the hoop



Make it harder: Children in the line can be jogging on the spot ready to go!

Station 4: Find your badge



Negotiate Space

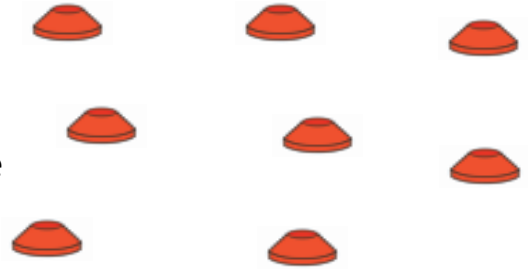


Move energetically- Running

Children to look underneath the cones - Can they find their named police badge? (their name)



- 1) Start behind the line
- 2) Child at front to run and look for their police badge
- 3) If they find it, bring it back to their group
- 4) If at the end they still have not found it give them time to lift all the cones to find their badge.



TP: Bend your knees when picking up the cone

Station 5: Police Exercise training

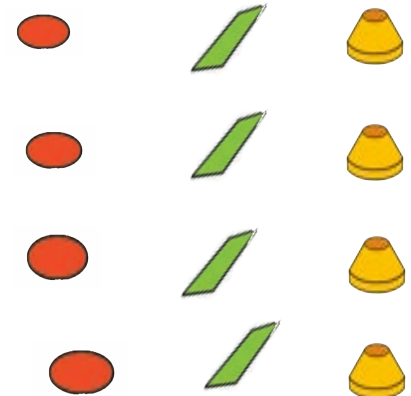


Demonstrate strength, balance and co-ordination.

Children to stand in a line.

- 1) Start in a line
- 2) Run to the spot, jump up and down x 5
- 3) Run to the throw down strip - jump forwards and backwards x 5
- 4 Run to the cone, hop around it and run back
5. Repeat.

Make it harder: Can you do your own exercises?



Station 6: Find an object



Move energetically- Hopping

Children to hop to the hoop- pick up an object and bring it back to their police station e.g. bean bags, cones, relay batons etc...



Place a number of objects in the hoop



Start behind the line:

- 1) Stand behind the line
- 2) Hop and pick up an object
- 3) Bring it back to your police station (hoop)
- 4) Next person goes - continue until you have all the equipment
- 6) How many objects did you find?

Make it harder: Children in the line can be jogging on the spot ready to go!



Healthy Me

Exercise helps keep our bodies and minds healthy- it makes us feel good.

What exercise do you like to do?

What healthy foods do you like?

Why do you think a police officer has to be fit and healthy?

They may need to run fast, be strong to carry others/equipment, they might need to jump over, through and under objects.

Well done today, you have earned your PPP Police Fitness Star!

COOL DOWN :

Children to jog around slowly - imagine they drive home from their days work. Lay down and go to sleep (count down from 10-1 slowly for the children to lay down)

PLENARY

What was your favourite part of the lesson?

Can you remember any exercises you did today?