

*Learning Intention: How you keep fit and healthy, like a police officer?*

## 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

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

## Warm up : Police Force

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

**If the apparatus are already out, you can complete these 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

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

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

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



**You can do the warm up on a spot if there is not enough space.**

## Station 1: Drive your police car



Move energetically- Running

Children to drive their car around the track.  
How many laps can they do?

- 1) Start behind the line
- 2) Child to run around the 4 cones
- 3) Run back and high five the next person to go

**Make it harder:** When waiting, can the children balance on one leg?



## Station 2: Pass the radio



Move energetically- Running



Children to imagine they are holding a police radio (you can use a bean bag or the resource card) when they get to the end they call "Stand by, Stand by"

- 1) Start behind the line
- 2) Child at the front to hold a radio
- 3) **Skip** to the end and call "Stand by, Stand by"
- 4) **Skip** back and pass on the radio

**TP: Look forward when running**

**Make it harder:** When waiting can they perform some star jumps?

## Station 3: Over the fence



Negotiate Space and obstacles safely



Climbing

**Note:** As soon as 1st child has gone over fence 1, the next person can go. No overtaking!



Climb up and over fence 1



Climb up and over fence 2



Climb on and balance along fence 3

Children imagine they are in police school - They are going to practice climbing over fences.

- 1) Start behind the line.
- 2) Climb up and over fence 1
- 3) Climb up and over fence 2
- 4) Climb onto fence 3, balance along and then run back to your group

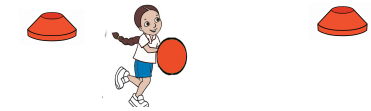
**TP: Use your feet to step up and climb onto apparatus- take your time!**

## Station 4: Drive your police car



Move energetically- Running

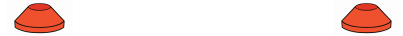
Children to drive their car around the track.  
How many laps can they do?



- 1) Start behind the line
- 2) Child to run around the 4 cones
- 3) Run back and high five the next person to go



**Make it harder:** When waiting can the children balance on one leg?



## Station 5: Pass the radio



Move energetically- Running



Children to imagine they are holding a police radio (you can use a bean bag or the resource card) when they get to the end they call "Stand by, Stand by"

- 1) Start behind the line
- 2) Child at the front to hold a radio
- 3) **Skip** to the end and call "Stand by, Stand by"
- 4) **Skip** back and pass on the radio

**TP: Look forward when running**

**Make it harder:** When waiting can they perform some star jumps?

## Station 6: Over the fence



Negotiate Space and obstacles safely



Climbing

**Note:** As soon as 1st child has gone over fence 1, the next person can go. No overtaking!



Climb up and over fence 1



Climb up and over fence 2



Climb on and balance along fence 3

Children imagine they are in police school - They are going to practice climbing over fences.

- 1) Start behind the line.
- 2) Climb up and over fence 1
- 3) Climb up and over fence 2
- 4) Climb onto fence 3, balance along and then run back to your group

**TP: Use your feet to step up and climb onto apparatus- take your time!**



## 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.**

### 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?**

**What exercises did you do today?**