

Lesson Objective	To develop different activities that can improve fitness levels	Lesson 1/6
Equipment Needed	Fitness Cards, Fitness Labels, Benches, Skipping Ropes, Mats.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none"> Record their scores at a range of different activities Support a partner to record their scores at each station Complete an 8 station Fitness Circuit 	
Warm Up	<p>Raising Pulses:</p> <p>Start the activity by asking the children to find their pulse. Can they count how many times it beats in ten seconds. Lead the children through a warm-up that gets their pulses raised.</p> <ol style="list-style-type: none"> Slow jog Sidestep Jump high Touch the floor Fast run Walk <p>After Warm Up, get the children to find their pulses again. What do they notice?</p>	
Main Activity	<p>Fitness Circuit:</p> <p>Set up Fitness Circuit and label using the Fitness Card labels. Go through each activity and what it entails. In pairs, one child performs, whilst the other scores. Swap roles, then record the results. Each child will have a fitness card. Each station the children work for 20 seconds.</p> <p>Station 1: Triceps Dips – Place hands on bench, and lower body towards the floor. Hold when close to the floor, raise back up.</p> <p>Station 2: Shuttle Runs – Start on the marker and run back and forth to the end marker.</p> <p>Station 3: Star jumps – Start with feet together, arms by your side, jump with your arms and legs reaching outwards to make a star shape, bring your arms and legs back to the side to complete.</p> <p>Station 4: Plank – Lay down on the floor, balance on your forearms and toes, keeping body straight, and parallel to the floor. Hold for as long as you can.</p> <p>Station 5: Squats – Stand with feet shoulder width apart, lower you bottom towards the floor as if you are sitting on a chair. Hold then raise back up to standing.</p> <p>Station 6: Sit-Ups – Start sitting on the floor with your partner holding your feet flat on the floor. Raise your body towards your partner, then slowly lower back towards the floor.</p> <p>Station 7: Burpees – Starting from standing, lower to the floor, stretch out legs behind, then up into a jump, repeat.</p> <p>Station 8: Squat Jumps – Lower body at the knees into a seated position. Raise back up to a jump. Repeat.</p> <p>Children to move round each station and record their score at each activity.</p>	
Cooldown	Bring the heart rate down, by slowly walking around the hall, concentrating on breathing slowly.	

Lesson Objective	To develop fitness activities that make us out of breath	Lesson 2/6
Equipment Needed	Fitness Cards, Fitness Labels, Benches, Skipping Ropes, Mats.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none"> • Use and combine basic movements that involves getting them out of breath • Change the direction of movements with control • Start to understand the word stamina in relation to fitness 	
Warm Up	<p>Raising Pulses:</p> <p>Start the activity by asking the children to find their pulse. Can they count how many times it beats in ten seconds. Lead the children through a warm-up that gets their pulses raised.</p> <ol style="list-style-type: none"> 1. Slow jog 2. Sidestep 3. Jump high 4. Touch the floor 5. Fast run 6. Walk <p>After Warm Up, get the children to find their pulses again. What do they notice?</p>	
Main Activity	<p>Cardio Stations:</p> <p>Set up the four cardio stations (Shuttle Runs, Star Jumps, Burpees and Leg Cycles) and label using the Fitness Card labels. Go through each activity and what it entails (Depending on size of the class, you may need multiple stations).</p> <p>In pairs, one child performs, whilst the other child rests. Each station the children work for 15 seconds then swap roles.</p> <p>Shuttle Runs: Start on the marker and run back and forth to the end marker. Children must go around the marker at each end. This station acts as the timer, when 8 circuits are complete - STOP.</p> <p>Star Jumps: Start with feet together, arms by your side, jump with your arms and legs reaching outwards to make a star shape, bring your arms and legs back to the side to complete.</p> <p>Burpees: Starting from standing, lower to the floor, stretch out legs behind, then up into a jump, repeat.</p> <p>Leg Cycles: Sit in a tuck hold with hands behind head then alternate bending legs so it looks like you're cycling a bike on your back! Make sure lower back is pressed into the floor otherwise.</p> <p>After each group has completed each station, repeat but this time increase the shuttle runs to eight circuits.</p>	
Cooldown	Bring the heart rate down, by slowly walking around the hall, concentrating on breathing slowly.	

Lesson Objective	To develop the muscles, we need to be strong when taking part in fitness activities Lesson 3/6
Equipment Needed	Fitness Cards, Fitness Labels, Benches, Skipping Ropes, Mats.
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none">• Identify which muscles are working during each activity• Keep certain muscles strong when performing different tasks• Start to learn the names of the muscles involved in an activity
Warm Up	<p>Raising Pulses:</p> <p>Start the activity by asking the children to find their pulse. Can they count how many times it beats in ten seconds. Lead the children through a warm-up that gets their pulses raised.</p> <ol style="list-style-type: none">1. Slow jog2. Sidestep3. Jump high4. Touch the floor5. Fast run6. Walk <p>After Warm Up, get the children to find their pulses again. What do they notice?</p>
Main Activity	<p>Core Stations:</p> <p>Set up the four core stations (Tuck Hold, Arch, Plank, Sit Ups) and label using the Fitness Card labels. Go through each activity and what it entails (Depending on size of the class, you may need multiple stations).</p> <p>In pairs, one child performs, whilst the other child rests, each station the children work for 15 seconds then swap roles.</p> <p>Tuck Hold: Sit back with knees tucked into chest, hold in shape without losing balance.</p> <p>Arch: Lying on stomach, hold arms above head and lift straight legs off the floor like superman.</p> <p>Plank: Facing floor, balance on arms and feet in a press up position. Hold still.</p> <p>Sit Ups: Hold each other's feet, raise up and lower down slowly.</p> <p>For the 2nd round and 3rd round of the circuits, add eight seconds each time.</p>
Cooldown	Bring the heart rate down, by slowly walking around the hall, concentrating on breathing slowly.

Lesson Objective	To develop exercises that combine a range of movements	Lesson 4/6
Equipment Needed	Fitness Cards, Fitness Labels, Benches, Skipping Ropes, Mats.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none">• Maintain balance and control whilst completing each activity• Combine basic movements and apply these in a range of activities• Combine more than one skill to complete an activity	
Warm Up	<p>Raising Pulses:</p> <p>Start the activity by asking the children to find their pulse. Can they count how many times it beats in ten seconds. Lead the children through a warm-up that gets their pulses raised.</p> <ol style="list-style-type: none">1. Slow jog2. Sidestep3. Jump high4. Touch the floor5. Fast run6. Walk <p>After Warm Up, get the children to find their pulses again. What do they notice?</p>	
Main Activity	<p>Stations:</p> <p>Set up the four stations (Triceps Dip, Heel Raises, Squat Jumps, Rock Back Jumps) and label using the Fitness Card labels. Go through each activity and what it entails (Depending on size of the class, you may need multiple stations).</p> <p>In pairs, one child performs, whilst the other child rests, each station the children work for 15 seconds then swap roles.</p> <p>Triceps Dip: Place hands on bench, and lower body towards the floor. Hold when close to the floor, raise back up.</p> <p>Heel Raises: Children put their hands against the wall and stand with their feet together, raise up onto tiptoes as high as they can and back down to flat feet, movement must be slow.</p> <p>Squat Jumps: Children squat down and touch the floor, jump up to 'touch the ceiling', squat back down to the floor and repeat.</p> <p>Rock Back Jumps: On a mat – sit down, rock to shoulders, rock back to stand up and do a straight jump, repeat.</p> <p>For the 2nd round and 3rd round of the circuits, add eight seconds each time.</p>	
Cooldown	Bring the heart rate down, by slowly walking around the hall, concentrating on breathing slowly.	

Lesson Objective	To develop the correct techniques in a variety of exercises	Lesson 5/6
Equipment Needed	Fitness Cards, Fitness Labels, Benches, Skipping Ropes, Mats.	
Success Criteria	Children can: <ul style="list-style-type: none">• Perform a range of movements with control and accuracy• Tell a partner what they are doing well in their performance• Know how to improve upon previous performance	
Warm Up	Raising Pulses: <p>Start the activity by asking the children to find their pulse. Can they count how many times it beats in ten seconds. Lead the children through a warm-up that gets their pulses raised.</p> <ol style="list-style-type: none">1. Slow jog2. Sidestep3. Jump high4. Touch the floor5. Fast run6. Walk <p>After Warm Up, get the children to find their pulses again. What do they notice?</p>	
Main Activity	Stations: <p>Set up the four stations (Shuttle Runs, Burpees, Tuck Hold & Plank) and label using the Fitness Card labels. Go through each activity and what it entails (Depending on size of the class, you may need multiple stations).</p> <p>In pairs, one child performs, whilst the other child rests, each station the children work for 15 seconds then swap roles.</p> <p>Shuttle Runs: Start on the marker and run back and forth to the end marker. Children must go around the marker at each end.</p> <p>Burpees: Starting from standing, lower to the floor, stretch out legs behind, then up into a jump, repeat.</p> <p>Tuck Hold: Sit back with knees tucked into chest, hold in shape without losing balance.</p> <p>Plank: Facing floor, balance on arms and feet in a press up position. Hold still.</p> <p>For the 2nd round and 3rd round of the circuits, add eight seconds each time.</p>	
Cooldown	Bring the heart rate down, by slowly walking around the hall, concentrating on breathing slowly.	

Lesson Objective	To reassess fitness levels and find out any improvements from the previous scores Lesson 6/6
Equipment Needed	Fitness Cards, Fitness Labels, Benches, Skipping Ropes, Mats.
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none">• Show a development in their balance and coordination• Understand the basic movements apply these in a range of activities• Know when they have improved their fitness and talk about their own performance
Warm Up	<p>Raising Pulses:</p> <p>Start the activity by asking the children to find their pulse. Can they count how many times it beats in ten seconds. Lead the children through a warm-up that gets their pulses raised.</p> <ol style="list-style-type: none">1. Slow jog2. Sidestep3. Jump high4. Touch the floor5. Fast run6. Walk <p>After Warm Up, get the children to find their pulses again. What do they notice?</p>
Main Activity	<p>Fitness Circuit:</p> <p>Set up Fitness Circuit and label using the Fitness Card labels. Go through each activity and what it entails. In pairs, one child performs, whilst the other scores. Swap roles, then record the results. Each child will have a fitness card. Each station the children work for 30 seconds.</p> <p>Station 1: Triceps Dips – Place hands on bench, and lower body towards the floor. Hold when close to the floor, raise back up.</p> <p>Station 2: Shuttle Runs – Start on the marker and run back and forth to the end marker.</p> <p>Station 3: Star jumps – Start with feet together, arms by your side, jump with your arms and legs reaching outwards to make a star shape, bring your arms and legs back to the side to complete.</p> <p>Station 4: Plank – Lay down on the floor, balance on your forearms and toes, keeping body straight, and parallel to the floor. Hold for as long as you can.</p> <p>Station 5: Squats – Stand with feet shoulder width apart, lower you bottom towards the floor as if you are sitting on a chair. Hold then raise back up to standing.</p> <p>Station 6: Sit-Ups – Start sitting on the floor with your partner holding your feet flat on the floor. Raise your body towards your partner, then slowly lower back towards the floor.</p> <p>Station 7: Burpees – Starting from standing, lower to the floor, stretch out legs behind, then up into a jump, repeat.</p> <p>Station 8: Squat Jumps – Lower body at the knees into a seated position. Raise back up to a jump. Repeat.</p> <p>Children to move round each station and record their score at each activity.</p>
Cooldown	Bring the heart rate down, by slowly walking around the hall, concentrating on breathing slowly.