

Fitness Lesson Plan

MOVING
EDSTART

Lesson Objective	To introduce different activities that can improve fitness levels	Lesson 1/6
Equipment Needed	Fitness Cards, Fitness Labels, Benches, Skipping Ropes, Mats.	
Success Criteria	Children can: <ul style="list-style-type: none">• Complete a circuit of activities and achieve a high score• Support a partner to record their scores at each station• Complete a 6 station Fitness Circuit	
Warm Up	Freeze Tig: All children have a ball and move around the area. 2/3 'catchers' look to catch the ball carriers. If caught players stand still with their feet apart, they can re-enter the game if another player rolls the ball between their legs and collects the ball using the scoop technique. Swap 'catchers' after two minutes.	
Main Activity	Fitness Circuit: 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. Station 1: Triceps Dips – Place hands on bench, and lower body towards the floor. Hold when close to the floor, raise back up. Station 2: Shuttle Runs – Start on the marker and run back and forth to the end marker. 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. 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. 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. 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. Children to move round each station and record their score at each activity.	
Cooldown	Bring the heart rate down, by slowly walking around the hall, concentrating on breathing slowly.	

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Lesson Objective	To introduce fitness activities that make us out of breath	Lesson 2/6
Equipment Needed	Fitness Cards, Fitness Labels, Benches, Speed Bounce Mat (cones or flat markers will work), Mats.	
Success Criteria	Children can: <ul style="list-style-type: none">• Use basic movements that involves getting them out of breath• Change the direction of movements with control• Start to understand and discuss the effects of exercise of their bodies	
Warm Up	Raising Pulses: 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. <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	Cardio Stations: Set up the four cardio stations (Shuttle Runs, Star Jumps, Speed Bounce 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). In pairs, one child performs, whilst the other child rests. At each station the children work for 15 seconds then swap roles. 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. 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. Speed Bounce: Jump two-footed from side to side over a small cone (can use flat marker or Speed Bounce Mat if you have one). 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. For the 2 nd round and 3 rd round of the circuits, add five seconds each time.	
Cooldown	Bring the heart rate down, by slowly walking around the hall, concentrating on breathing slowly.	

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Lesson Objective	To introduce which 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	Children can: <ul style="list-style-type: none">• Know which muscles are working during each activity• Keep certain muscles strong when performing different tasks• Use objects the require strength and determination to move them	
Warm Up	Raising Pulses: 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. <ol style="list-style-type: none">1. Slow jog2. Sidestep3. Jump high4. Touch the floor5. Fast run6. Walk After Warm Up, get the children to find their pulses again. What do they notice?	
Main Activity	Core Stations: 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). In pairs, one child performs, whilst the other child rests, each station the children work for 15 seconds then swap roles. Tuck Hold: Sit back with knees tucked into chest, hold in shape without losing balance. Arch: Lying on stomach, hold arms above head and lift straight legs off the floor like superman. Plank: Facing floor, balance on arms and feet in a press up position. Hold still. Sit Ups: Hold each other's feet, raise up and lower down slowly. For the 2 nd round and 3 rd round of the circuits, add five seconds each time.	
Cooldown	Bring the heart rate down, by slowly walking around the hall, concentrating on breathing slowly.	

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Lesson Objective	To introduce exercises that combine a range of movements	Lesson 4/6
Equipment Needed	Fitness Cards, Fitness Labels, Benches, Skipping Ropes, Mats.	
Success Criteria	Children can: <ul style="list-style-type: none">Combine basic movements and apply these in a range of activitiesCombine more than one skill to complete an activityUnderstand what each activity entails and can complete the task	
Warm Up	Raising Pulses: 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. <ol style="list-style-type: none">Slow jogSidestepJump highTouch the floorFast runWalk <p>After Warm Up, get the children to find their pulses again. What do they notice?</p>	
Main Activity	Stations: Set up the four stations (Triceps Dip, Heel Raises, Spotted Dogs, 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). In pairs, one child performs, whilst the other child rests, each station the children work for 15 seconds then swap roles. Triceps Dip: Place hands on bench, and lower body towards the floor. Hold when close to the floor, raise back up. 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. Spotted Dogs: Similar to Star Jumps but you move arms and legs move forward and back as opposed to out to the sides. Rock Back Jumps: On a mat – sit down, rock to shoulders, rock back to stand up and do a straight jump, repeat. For the 2 nd round and 3 rd round of the circuits, add five seconds each time.	
Cooldown	Bring the heart rate down, by slowly walking around the hall, concentrating on breathing slowly.	

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Lesson Objective	To introduce the correct techniques in a variety of exercises	Lesson 5/6
Equipment Needed	Fitness Cards, Fitness Labels, Benches, Speed Bounce Mat (cones or flat markers will work), Mats.	
Success Criteria	Children can: <ul style="list-style-type: none">• Be introduced to a range of movements they need to complete an activity• Talk about what they are doing well• Talk about how they can improve upon previous performance	
Warm Up	Raising Pulses: 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. <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: Set up the four stations (Shuttle Runs, Speed Bounce, 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). In pairs, one child performs, whilst the other child rests, each station the children work for 15 seconds then swap roles. Shuttle Runs: Start on the marker and run back and forth to the end marker. Children must go around the marker at each end. Speed Bounce: Jump two-footed from side to side over a small cone (can use flat marker or Speed Bounce Mat if you have one). Tuck Hold: Sit back with knees tucked into chest, hold in shape without losing balance. Plank: Facing floor, balance on arms and feet in a press up position. Hold still. For the 2 nd round and 3 rd round of the circuits, add five seconds each time.	
Cooldown	Bring the heart rate down, by slowly walking around the hall, concentrating on breathing slowly.	

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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 Children can:

- 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 **Raising Pulses:**
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.

1. Slow jog
2. Sidestep
3. Jump high
4. Touch the floor
5. Fast run
6. Walk

After Warm Up, get the children to find their pulses again. What do they notice?

Main Activity **Fitness Circuit:**
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.
Station 1: Triceps Dips – Place hands on bench, and lower body towards the floor. Hold when close to the floor, raise back up.
Station 2: Shuttle Runs – Start on the marker and run back and forth to the end marker.
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.
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.
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.
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.
Children to move round each station and record their score at each activity.

Cooldown Bring the heart rate down, by slowly walking around the hall, concentrating on breathing slowly.