

<b>Lesson Objective</b>	<b>To be able to assess fitness levels using a variety of different activities</b>	<b>Lesson 1/6</b>
<b>Equipment Needed</b>	Fitness Cards, Fitness Labels, Benches, Skipping Ropes, Mats.	
<b>Success Criteria</b>	<p><b>Children can:</b></p> <ul style="list-style-type: none"> <li>• Identify what they have done well and what areas of fitness they need to improve</li> <li>• Understand the terms stamina, speed, and agility</li> <li>• Monitor their heart rate and understand it increases as they exercise</li> <li>• Complete a 12-station fitness circuit and record their results at each station</li> </ul>	
<b>Warm Up</b>	<p><b>Raising Pulses:</b></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"> <li>1. Slow jog</li> <li>2. Sidestep</li> <li>3. Jump high</li> <li>4. Touch the floor</li> <li>5. Fast run</li> <li>6. Walk</li> </ol> <p>After Warm Up, get the children to find their pulses again. What do they notice?</p>	
<b>Main Activity</b>	<p><b>Fitness Circuit:</b></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><b>Station 1:</b> Triceps Dips – Place hands on bench, and lower body towards the floor. Hold when close to the floor, raise back up.</p> <p><b>Station 2:</b> Shuttle Runs – Start on the marker and run back and forth to the end marker.</p> <p><b>Station 3:</b> 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><b>Station 4:</b> 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><b>Station 5:</b> Squats – Stand with feet shoulder width apart, lower your bottom towards the floor as if you are sitting on a chair. Hold then raise back up to standing.</p> <p><b>Station 6:</b> 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><b>Station 7:</b> Burpees – Starting from standing, lower to the floor, stretch out legs behind, then up into a jump, repeat.</p> <p><b>Station 8:</b> Squat Jumps – Lower body at the knees into a seated position. Raise back up to a jump. Repeat.</p> <p><b>Station 9:</b> Skipping – Using a skipping rope, continuously skip over the rope.</p> <p><b>Station 10:</b> Back Support - Lay down on the floor with your stomach facing upwards, balance on your arms and toes, keeping body straight, and parallel to the floor. Hold for as long as you can.</p> <p><b>Station 11:</b> V-Sit Hold - Start sitting on the floor with your legs raised off the floor. Your body should make a 'V' shape. Hold the position.</p> <p><b>Station 12:</b> Push-ups - Lay down on the floor, balance on your hands just wider than your shoulders. Extend your legs and back to form a straight line, then lower yourself to the ground so that your elbows are bent at 90 degrees. Push yourself back up until your arms are straight.</p> <p>Children to move round each station and record their score at each activity.</p>	
<b>Cooldown</b>	Bring the heart rate down, by slowly walking around the hall, concentrating on breathing slowly.	

<b>Lesson Objective</b>	<b>To understand what cardiovascular training is</b>	<b>Lesson 2/6</b>
<b>Equipment Needed</b>	Fitness Cards, Fitness Labels, Benches, Skipping Ropes, Mats.	
<b>Success Criteria</b>	<b>Children can:</b> <ul style="list-style-type: none"><li>• Explain what stamina means</li><li>• Think about pacing myself to complete each activity</li><li>• Talk about what cardiovascular training is and why it is important</li><li>• Recall their understanding of endurance and stamina</li></ul>	
<b>Warm Up</b>	<b>Raising Pulses:</b> <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"><li>1. Slow jog</li><li>2. Sidestep</li><li>3. Jump high</li><li>4. Touch the floor</li><li>5. Fast run</li><li>6. Walk</li></ol> <p>After Warm Up, get the children to find their pulses again. What do they notice?</p>	
<b>Main Activity</b>	<b>Cardio Stations:</b> <p>Set up the five cardio stations (Shuttle Runs, Skipping Ropes, 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. The Shuttle Run station acts as the timer. When a child completes ten circuits, they shout stop. Swap over and repeat.</p> <p><b>Shuttle Runs:</b> 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 10 circuits are complete-STOP.</p> <p><b>Skipping Ropes:</b> Using a skipping rope, continuously skip over the rope.</p> <p><b>Star Jumps:</b> 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><b>Burpees:</b> Starting from standing, lower to the floor, stretch out legs behind, then up into a jump, repeat.</p> <p><b>Leg Cycles:</b> 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 12 circuits.</p>	
<b>Cooldown</b>	Bring the heart rate down, by slowly walking around the hall, concentrating on breathing slowly.	

<b>Lesson Objective</b>	<b>To understand the role of the core muscles of the body and how they are important</b>	<b>Lesson 3/6</b>
<b>Equipment Needed</b>	Fitness Cards, Fitness Labels, Benches, Skipping Ropes, Mats.	
<b>Success Criteria</b>	<p>Children can:</p> <ul style="list-style-type: none"><li>• Use the correct techniques in a range of exercises aimed to strengthen the core muscles</li><li>• Apply stamina at each station</li><li>• Describe what the core muscles are, and why it is important to strengthen/exercise them</li></ul>	
<b>Warm Up</b>	<p><b>Raising Pulses:</b></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"><li>1. Slow jog</li><li>2. Sidestep</li><li>3. Jump high</li><li>4. Touch the floor</li><li>5. Fast run</li><li>6. Walk</li></ol> <p>After Warm Up, get the children to find their pulses again. What do they notice?</p>	
<b>Main Activity</b>	<p><b>Core Stations:</b></p> <p>Set up the six core stations (V-Sit, Tuck Hold, Arch, Plank, Sit Ups, Back Support) 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 20 seconds then swap roles.</p> <p><b>V-Sit:</b> Sit back and raise legs off the floor, aim to keep them straight, making sure lower back is pressed into the floor otherwise it will be using the wrong muscles and will hurt the back.</p> <p><b>Tuck Hold:</b> Sit back with knees tucked into chest, hold in shape without losing balance.</p> <p><b>Arch:</b> Lying on stomach, hold arms above head and lift straight legs off the floor like superman.</p> <p><b>Plank:</b> Facing floor, balance on arms and feet in a press up position. Hold still.</p> <p><b>Sit Ups:</b> Hold each other's feet, raise up and lower down slowly.</p> <p><b>Back Support:</b> Like plank but facing the ceiling: sit on bottom with legs straight in front, place hands behind and lift bottom off the floor as high as you can.</p> <p>For the 2<sup>nd</sup> round and 3<sup>rd</sup> round of the circuits, add ten seconds each time.</p>	
<b>Cooldown</b>	Bring the heart rate down, by slowly walking around the hall, concentrating on breathing slowly.	

<b>Lesson Objective</b>	<b>To use the muscles in the arms and legs and understand their importance</b>	<b>Lesson 4/6</b>
<b>Equipment Needed</b>	Fitness Cards, Fitness Labels, Benches, Skipping Ropes, Mats.	
<b>Success Criteria</b>	<p><b>Children can:</b></p> <ul style="list-style-type: none"> <li>• Use the correct techniques in a range of exercise aimed to strengthen the muscles in the arms and legs</li> <li>• Name the muscles in your arms and legs and start to understand they work in pairs</li> <li>• Apply stamina at each station</li> </ul>	
<b>Warm Up</b>	<p><b>Raising Pulses:</b></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"> <li>1. Slow jog</li> <li>2. Sidestep</li> <li>3. Jump high</li> <li>4. Touch the floor</li> <li>5. Fast run</li> <li>6. Walk</li> </ol> <p>After Warm Up, get the children to find their pulses again. What do they notice?</p>	
<b>Main Activity</b>	<p><b>Arms &amp; Legs Stations:</b></p> <p>Set up the six Arms &amp; Leg stations (Triceps Dip, The Cross, Push Ups, Heel Raises, Squat Jumps, Mountain Climbers) 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 20 seconds then swap roles.</p> <p><b>Triceps Dip:</b> Place hands on bench, and lower body towards the floor. Hold when close to the floor, raise back up.</p> <p><b>The Cross:</b> Stand with a weighted object in each hand and hold them outwards, parallel to the floor (Bean Bag, Small Sandbag, Medicine Ball).</p> <p><b>Push Ups:</b> Balance on your hands just wider than your shoulders. Extend your legs and back to form a straight line, then lower yourself to the ground. Push yourself back up until your arms are straight.</p> <p><b>Heel Raises:</b> 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><b>Squat Jumps:</b> Children squat down and touch the floor, jump up to 'touch the ceiling', squat back down to the floor and repeat.</p> <p><b>Mountain Climbers:</b> Children in a front support shape on feet and hands with backs flat, alternately bringing each knee up to the chest.</p> <p>For the 2<sup>nd</sup> round and 3<sup>rd</sup> round of the circuits, add ten seconds each time.</p>	
<b>Cooldown</b>	Bring the heart rate down, by slowly walking around the hall, concentrating on breathing slowly.	

**Lesson Objective** To use the correct technique in a variety of exercises related to improving fitness **Lesson 5/6**

**Equipment Needed** Fitness Cards, Fitness Labels, Benches, Skipping Ropes, Mats.

**Success Criteria** Children can:

- Explain what agility means
- Apply agility, speed, and stamina at each station
- Use the correct techniques in a range of different exercises
- Think about pacing themselves at each station

**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** **Stations:**  
Set up the six stations (Shuttle Runs, Burpees, Tuck Hold, Plank, Push Ups & Mountain Climbers) 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 20 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.

**Burpees:** Starting from standing, lower to the floor, stretch out legs behind, then up into a jump, repeat.

**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.

**Push Ups:** Balance on your hands just wider than your shoulders. Extend your legs and back to form a straight line, then lower yourself to the ground. Push yourself back up until your arms are straight.

**Mountain Climbers:** Children in a front support shape on feet and hands with backs flat, alternately bringing each knee up to the chest

For the 2<sup>nd</sup> round and 3<sup>rd</sup> round of the circuits, add ten seconds each time.

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

**Lesson Objective** To be able to reassess fitness levels and evaluate the results of the Unit of Work **Lesson 6/6**

**Equipment Needed** Fitness Cards, Fitness Labels, Benches, Skipping Ropes, Mats.

**Success Criteria** Children can:

- Apply agility, speed, and stamina at each station
- Compare scores from the initial test and the final test
- Evaluate which elements of fitness that have improved, and what they need to do to improve in other areas
- Use the terms agility, speed, and stamina when discussing their results

**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. Children will now complete the fitness test again to see if they can improve their scores from Week 1 (Depending on size of the class, you may need multiple stations). In pairs, one child performs, whilst the other scores. Swap roles, then record the results. Each child will have their fitness card to record their progress. 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.

**Station 7:** Burpees – Starting from standing, lower to the floor, stretch out legs behind, then up into a jump, repeat.

**Station 8:** Squat Jumps – Lower body at the knees into a seated position. Raise back up to a jump. Repeat.

**Station 9:** Skipping – Using a skipping rope, continuously skip over the rope.

**Station 10:** Back Support - Lay down on the floor with your stomach facing upwards, balance on your arms and toes, keeping body straight, and parallel to the floor. Hold for as long as you can.

**Station 11:** V-Sit Hold - Start sitting on the floor with your legs raised off the floor. Your body should make a "V" shape. Hold the position.

**Station 12:** Push-ups - Lay down on the floor, balance on your hands just wider than your shoulders. Extend your legs and back to form a straight line, then lower yourself to the ground so that your elbows are bent at 90 degrees. Push yourself back up until your arms are straight.

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.