

Fitness Lesson Plan

COMPETING
EDSTART

Lesson Objective	To complete fitness testing using a variety of different activities	Lesson 1/6
Equipment Needed	Fitness Cards, Fitness Labels, Benches, Skipping Ropes, Mats.	
Success Criteria	Children can: <ul style="list-style-type: none">Identify and look to improve different areas of fitnessUnderstand the terms stamina, speed, and agilityComplete a 10-station fitness circuit and record their results at each station	
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">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	Fitness Circuit: <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>Station 9: Skipping – Using a skipping rope, continuously skip over the rope.</p> <p>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.</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.	

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Lesson Objective	To understand what cardiovascular training is	Lesson 2/6
Equipment Needed	Fitness Cards, Fitness Labels, Benches, Skipping Ropes, Mats.	
Success Criteria	Children can: <ul style="list-style-type: none">Understand how exercise effects their bodyStart to improve their stamina for longer periods of timeBegin to understand what cardiovascular training is	
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	Cardio Stations: 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). In pairs, one child performs, whilst the other child rests. The Shuttle Run station acts as the timer. When a child completes eight circuits, they shout stop. Swap over and repeat. 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. Skipping Ropes: Using a skipping rope, continuously skip over the rope. 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. Burpees: Starting from standing, lower to the floor, stretch out legs behind, then up into a jump, repeat. 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. After each group has completed each station, repeat but this time increase the shuttle runs to ten circuits.	
Cooldown	Bring the heart rate down, by slowly walking around the hall, concentrating on breathing slowly.	

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Lesson Objective	To know the core muscles of the body and how we can make them stronger	Lesson 3/6
Equipment Needed	Fitness Cards, Fitness Labels, Benches, Skipping Ropes, Mats.	
Success Criteria	Children can: <ul style="list-style-type: none">• Use the correct technique depending on the exercise• Apply a degree of stamina at each station• Know their core is around their stomach, and they need to keep it strong	
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	Core Stations: Set up the five core stations (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). 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. Back Support: 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. For the 2 nd round and 3 rd 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.	

Fitness Lesson Plan

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Lesson Objective	To understand the muscles in the arms and legs and how we can make them stronger	Lesson 4/6
Equipment Needed	Fitness Cards, Fitness Labels, Benches, Skipping Ropes, Mats.	
Success Criteria	Children can: <ul style="list-style-type: none">• Use the correct technique depending on the exercise• Name the muscles in their arms and legs• Apply stamina 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. <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	Arms & Legs Stations: Set up the five Arms & Leg stations (Triceps Dip, The Cross, 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). 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. The Cross: Stand with a weighted object in each hand and hold them outwards, parallel to the floor (Bean Bag, Small Sandbag, Medicine Ball). 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. Squat Jumps: Children squat down and touch the floor, jump up to 'touch the ceiling', squat back down to the floor and repeat. 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 ten seconds each time.	
Cooldown	Bring the heart rate down, by slowly walking around the hall, concentrating on breathing slowly.	

Fitness Lesson Plan

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Lesson Objective	To understand 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">Remember the techniques needed at each station and can perform the taskUse the correct techniques in a range of different exercisesKnow how to improve their personal best 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. <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 five stations (Shuttle Runs, Burpees, Tuck Hold, Plank & 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. 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. 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 ten 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: <ul style="list-style-type: none">• Complete the Fitness Circuit and record their scores at each station• Know how to improve their personal best at each station and what areas they need to work on
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	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. 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. 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.