

lesson objectives:

1. Develop lower body strength and fitness.
2. Work well both independently and in small groups.

equipment:

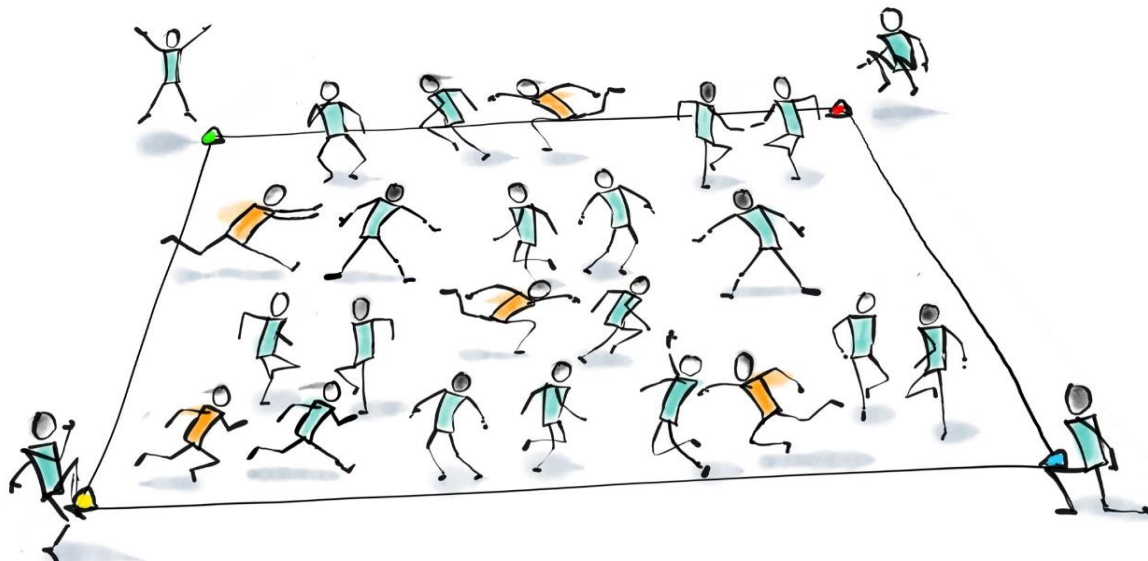
- Cones
- Bibs

how to set up:

- Place four different coloured cones in the corners of the playing area.
- Each cone should represent a different exercise (eg. Star Jumps, Burpees, Lunges, Sprint on the spot).

how to play:

- Pupils move around the area trying not to get caught by the taggers.
- If a pupil is tagged, they must go to one of the corners and complete the exercise for 20 seconds (eg. 20 seconds of Star Jumps).
- When they have completed the exercise, they may join back in the game.
- Change the 'taggers' every 2 minutes.
- **Progression** – Select 4 pupils to be 'personal trainers'. These pupils must supervise the exercise corners and ensure pupils are performing the exercises correctly.



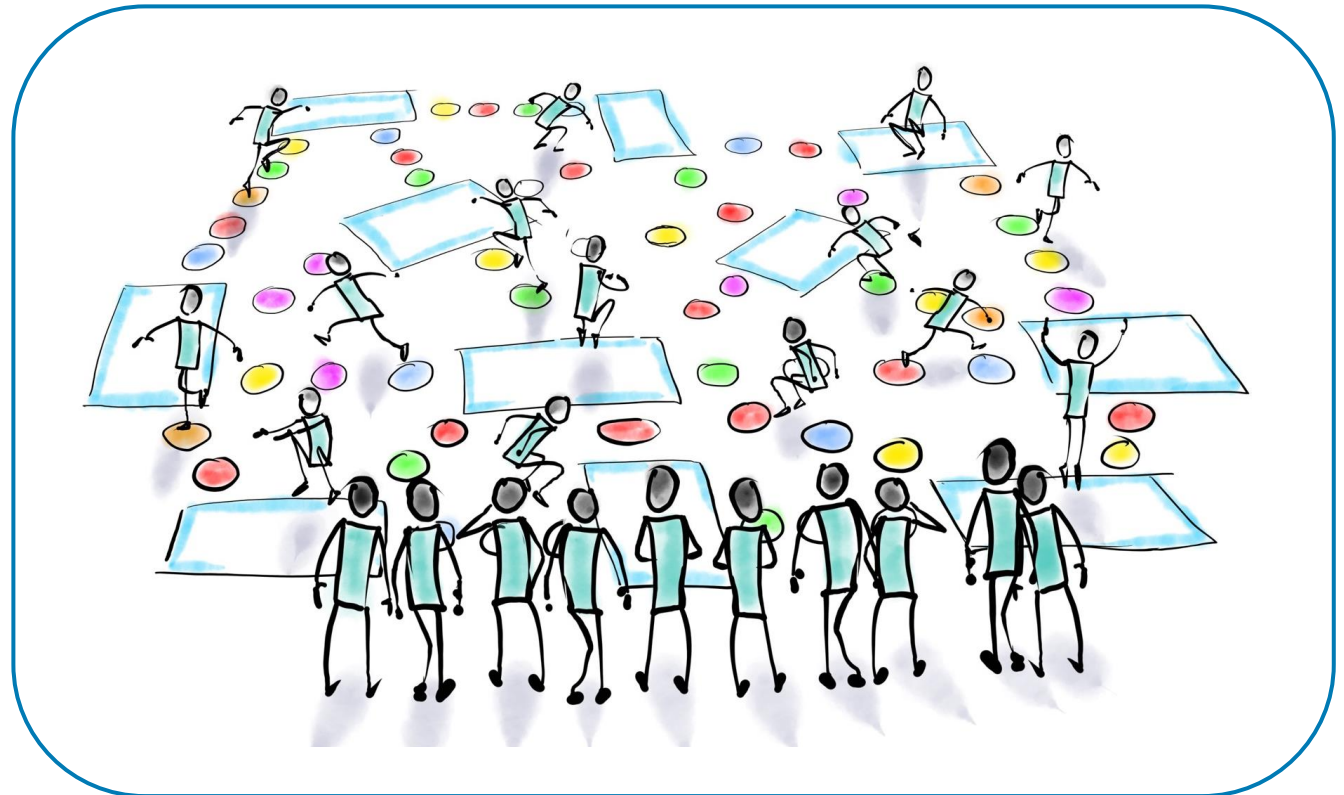
Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.

equipment:

- Marker spots
- Mats

how to set up:

- Spread mats around the hall and place marker spots in between.
- The marker spots can be randomly placed, but pupils will be jumping between them, so be mindful of distances between them.
- Pupils work in pairs. One pupil works, whilst the other pupils keep count.

**how to play:**

- The pupil who is working first stands on a marker spot.
- On the command “go” pupils jump from one spot to another in different ways.
- Encourage pupils to use a variety of jumps... two feet to two feet, one foot to two, two feet to one foot, one foot to one foot.
- Each time a pupil gets to a mat they must stop and perform 5 tuck jumps before continuing.
- Children work for 1 minute then swap over.
- After all children have had a practise, have a competition.

how to score:

- Pupils score 1 point each time they complete a mat challenge.
- Pairs add their scores together for their overall team score.

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equipment:

- One mat for each group of 4 pupils.
- Fitness Cards – see appendix below.
- Stopwatch.
- Music (optional).

how to set up:

- Children work in groups of 4.
- Spread mats around with as much space between them as possible.
- Print out and place 1 different Fitness Card on each mat.

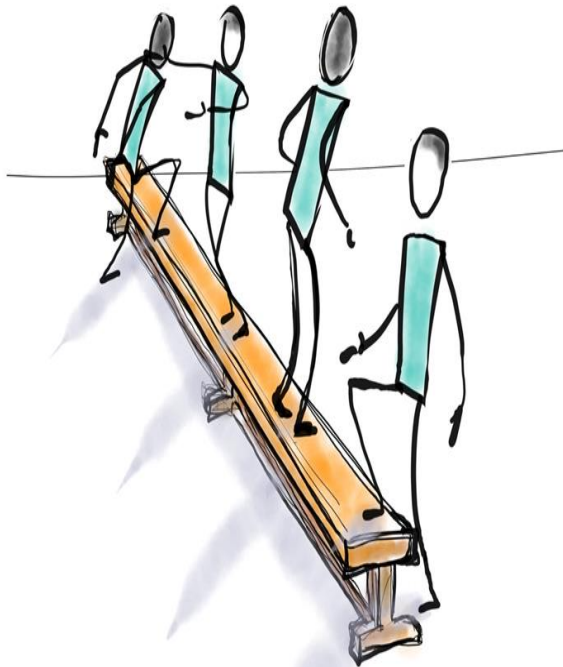
how to play:

- Two children from each group will perform their exercises whilst the other two are resting.
- Ask the resting pair to encourage their teammates, cheering them along and encouraging the following techniques...
 - ✓ *Straight back with shoulders back.*
 - ✓ *Head up and looking forwards.*
 - ✓ *Good balance.*
 - ✓ *A good steady rhythm from start to finish.*
 - ✓ *No talking and focus on a good breathing pattern.*
- Each exercise should last 2 minutes. At the end of each 2 minute work-out, blow the whistle and ask pairs to swap over.
- After both pairs have completed their exercise, rotate the whole class onto the next station/mat.
- Ensure you save enough time for a thorough warm down (see next page).



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step ups



- For this exercise you will need a bench or a chair to step up onto.
- Start with feet on the floor in front of the bench/chair.
- Step up onto the bench with both feet then return to the floor.
- Alternate the lead foot every time.
- Move in a quick but controlled motion.
- To make this activity harder jump on and off the bench instead of stepping.

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lunges



- Stand tall with your feet slightly apart. Take a big step forward, bending your knees.
- The thigh on your front leg should be horizontal.
- The shin on your back leg should be almost touching the floor.
- Push your body backwards to stand up again.
- Repeat on the other leg.

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frog jumps



- Stand with feet shoulder width apart.
- Bending at your knees, squat down and touch the floor with both hands.
- Push off the floor and quickly jump up as high as you can, raising your arms above your head at the same time.
- Land safely, on balls of feet, and repeat the process.

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chair squats



- You will need a chair for this exercise.
- Standing in front of your chair, slowly descend until your bottom touches the chair.
- As soon as this happens quickly stand back up.
- Remember to keep your back straight and head up facing forwards.
- Keep repeating with speed and control

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glute bridge kicks



- Lay on the floor and bend your knees so your feet are flat to the floor.
- Place your feet hip width apart.
- Raise your lower back off the floor and push your hips towards the sky.
- Hold at the top, and lift your left leg up and straighten.
- Bring your leg back down so both feet are back on the floor, and lower your hips, so your back is returned to the floor.
- Repeat the exercise, but this time lift and straighten your right leg.
- Continue performing glute bridges and alternating the leg kick.

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kangaroo jumps



- Start by standing with your feet together with a slight bend in your knees.
- Bend your elbows and bring your hands up to your chest, like a kangaroo.
- Imagine you are a kangaroo and there is a tree branch you must jump over.
- Bend your knees and perform a big hop to your left, over the tree branch.
- Keep hopping from left to right over the branch.

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how to play:

- The children remain in their groups of 4 for the cool down.
- Ask pupils to number themselves 1 to 4.
- Pupils will march on the spot. When the teacher calls out a number and body part, that pupil must suggest a stretch that stretches that body part.
- Other pupils in the group will copy the stretch.
- Hold stretches for 10 seconds then continue marching.

plenary:

- In what type of sports and activities is lower body strength and fitness important?
 - ✓ *Football / Basketball*
 - ✓ *Athletics*
 - ✓ *Rowing*
 - ✓ *Gymnastics*
- What are important factors when working on our own?
 - ✓ *Keeping focused and on task*
 - ✓ *Challenging ourselves*
 - ✓ *Working hard*

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