

## lesson objectives:

1. Develop lower body strength and fitness.
2. Link actions and combine movements.

### equipment:

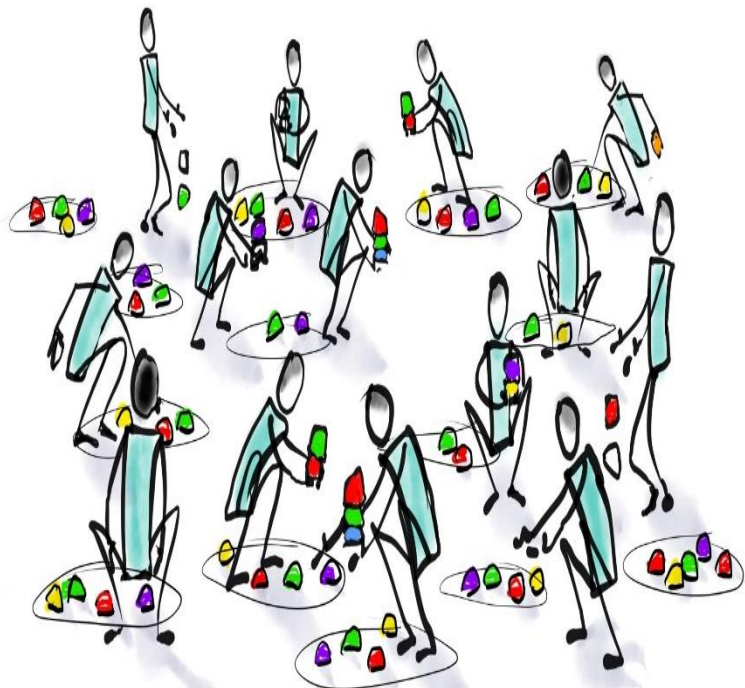
- Cones
- Hoops

### how to set up:

- Pupils should find a space.
- Spread hoops around the area.
- Place lots of cones inside each hoop (about 20 if available).

### how to play:

- Pupils crouch down into a low squat position.
- They must duck walk to a hoop and take 1 cone.
- Each child can take 1 cone from a hoop and cannot revisit the same hoop until they have moved around the others.
- The aim is to collect as many cones as possible.
- Ensure pupils travel to a different hoop each time.
- If a pupil needs to stand up or leaves their duck position, they must drop all the cones they have collected.
- This then gives the chance for the other pupils to steal them. Only one cone can be stolen per pupil before they must visit a hoop.
- See how many cones each pupil can collect in a minute.
- Let pupils rest for 30 seconds before starting a new round.



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

## equipment:

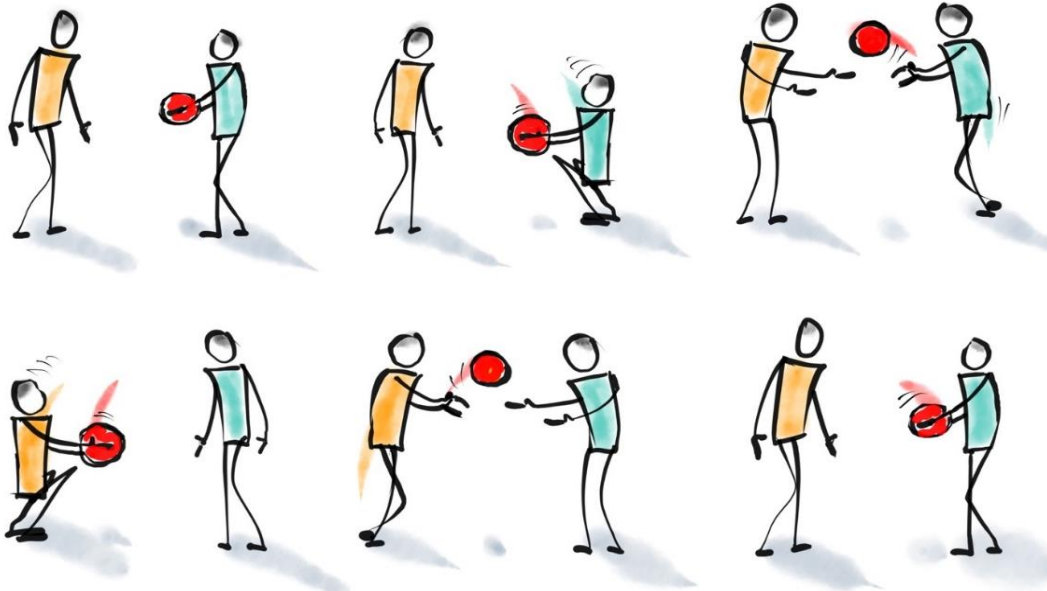
- Cones
- Medium sized balls

## how to set up:

- Pupils should work in pairs.
- Each pair will stand facing each other around 2 metres apart.
- One pupil from each pair should be holding a ball.

## how to play:

- The pupil holding the ball (in 2 hands) must perform a low squat.
- When they stand up out of the squat, they must throw the ball to their partner.
- It is important for pupils to remember to complete the squat (down & up) with good technique and a straight back before throwing the ball.
- The second pupil will catch the ball then repeat the same exercise.
- Pairs must work as a team and communicate.
- See how many squats and catches they can complete in 1 minute.



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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.

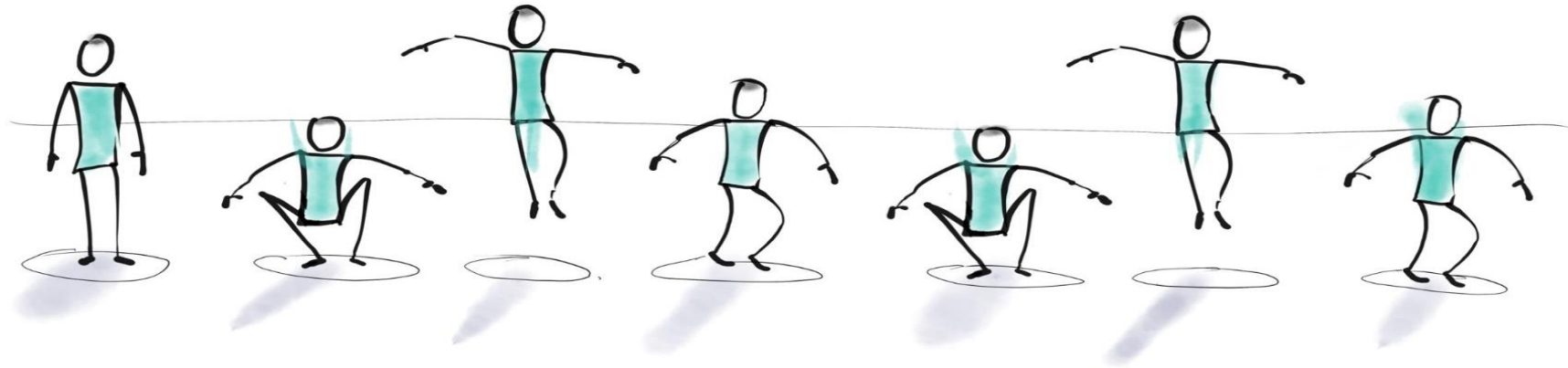
**how to play:**

- 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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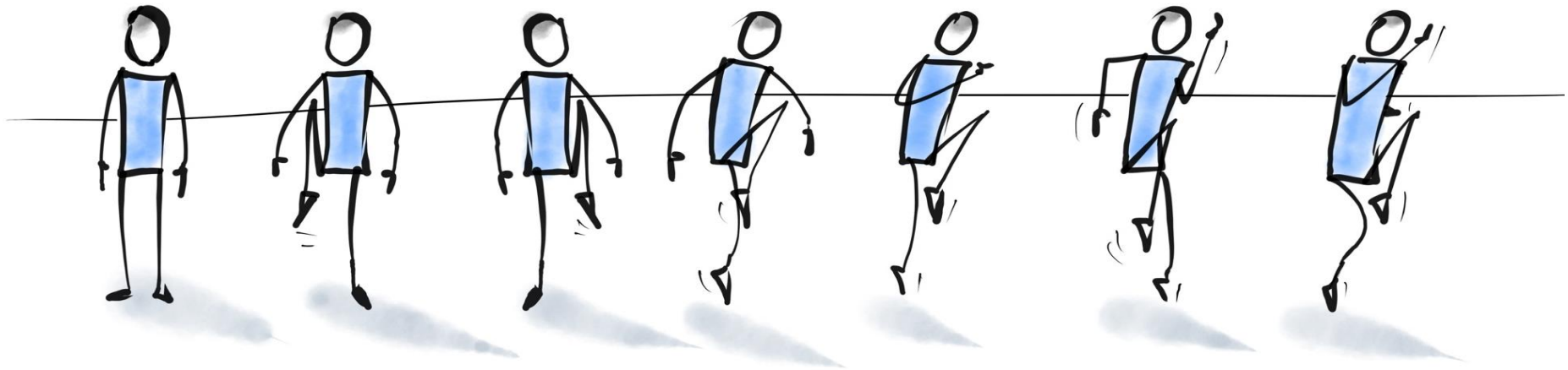
## squat jumps



- Stand tall with your feet shoulder width apart.
- Bend your knees until you are in a 'sitting position' (squat).
- Keep your back straight, bring your arms up to balance.
- Jump in the air, push through your feet to explode high in the air.
- Land on the balls of your feet with knees bent.

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## high knees



- Stand with your feet shoulder width apart.
- Lift your right knee up to your chest.
- Switch to lift your left knee up to your chest.
- Continue alternating legs and speed the movement up to a running or sprinting pace.

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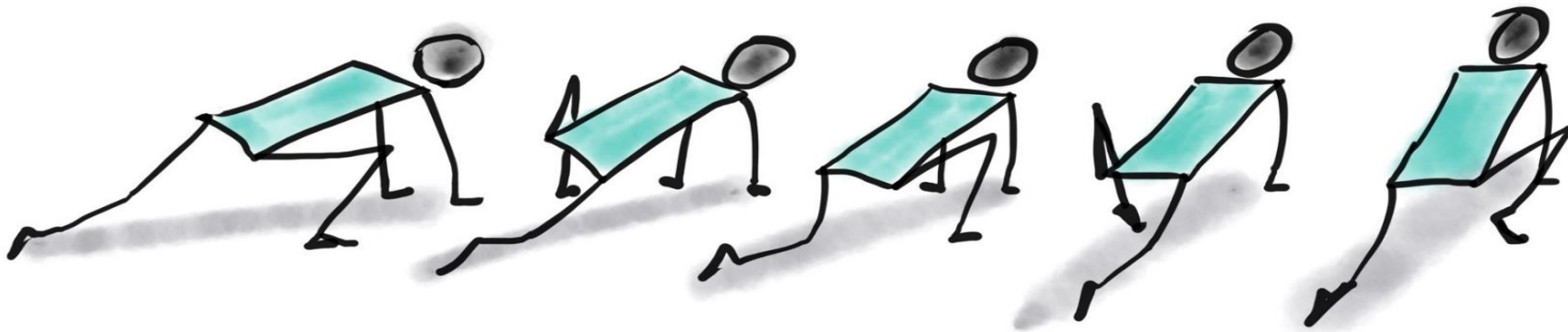
## step back jacks



- Start by standing with your feet together and keep your arms down by your side.
- Perform a reverse lunge, stepping back with your right leg and bending your left knee.
- Simultaneously raise both arms up above your head.
- Bring your right leg back to the starting position while at the same time lowering both hands back down by your side.
- Perform the exercise again, this time stepping back with your left leg.
- Keep alternating legs while raising both arms above your head.

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## spiderman climbers



- Start in a press up position, with your hands just outside shoulder width apart and a straight line through your head, shoulders, hips, knees, and feet.
- Keeping your core tight, drive your knees, one at a time, up and outside of the centre line of the body. Instead of bringing your knees up to your chest like a mountain climber, bring your leg out slightly when bending at the knee (so it looks like Spiderman climbing a wall).
- Each time you drive your knee up, try to keep a straight line through your body. Do not allow your bottom to stick up in the air or low to the ground.
- Each time you drive your knee up, keep your toes close to the floor. This will help avoid a jumping motion.

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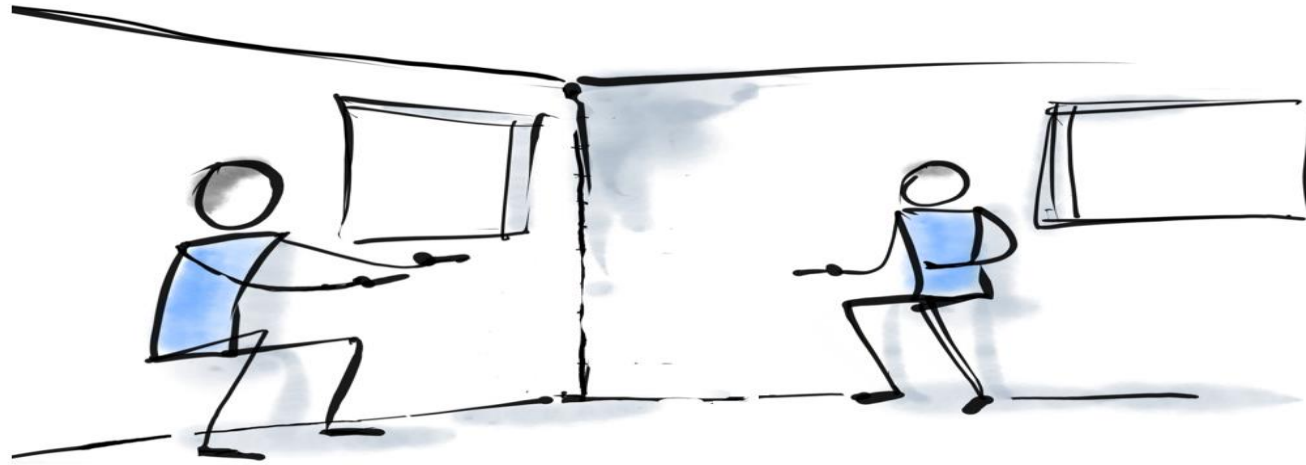
## lunge jumps



- Begin by standing with your feet shoulder width apart.
- Perform a lunge by stepping your left leg forward and bending your knee so your thigh is horizontal. Step backwards with your right leg so your shin is almost touching the floor.
- Jump up and switch your legs in mid-air so that you land in a lunge with your right leg in front.
- Keep jumping back and forth, landing in a lunge, and switching your front leg each time.

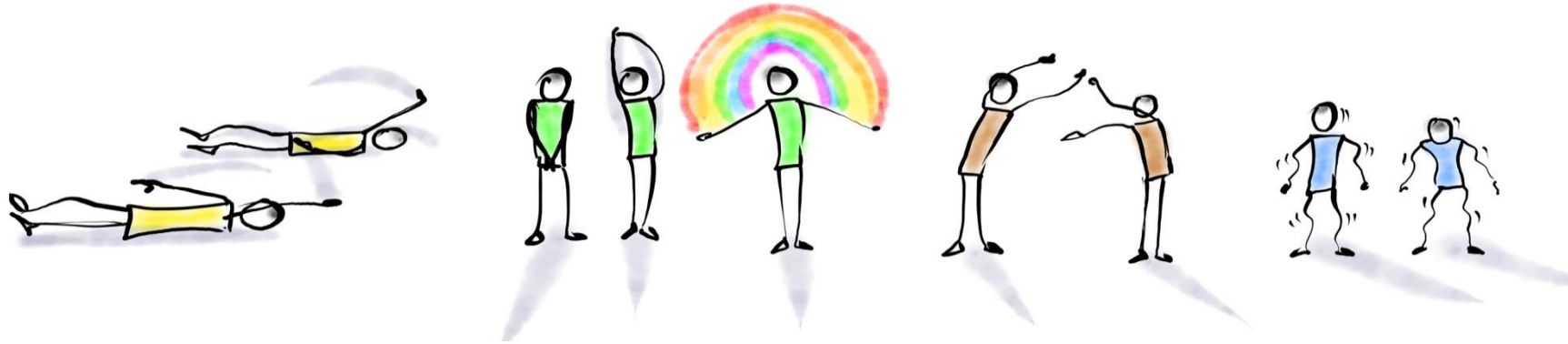
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## the wall sit



- Ensure your back is flat against the wall.
- Place your feet shoulder width apart and 1 step away from the wall.
- Bend your knees until you are at a 90-degree angle, in a sitting position.
- Hold this position still, keeping your tummy muscles tight.

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### how to play:

- Children walk around the area.
- Call out a season below for the children to complete different movements:
  - **Summer:** Lay on the floor and slowly move arms up and around (as if swimming in the pool).
  - **Spring:** Crouch down, slowly stand up, bring arms from centre of body up to the sky, and bring around in a rainbow shape movement so arms are by the side of the body.
  - **Autumn:** Pretend to be a tree on a windy day moving body and arms around in the 'wind'.
  - **Winter:** Shake body including shoulders and legs, pretending to shiver in the cold.

### plenary:

- Why is lower body strength important?
  - ✓ *Strengthens bones*
  - ✓ *Decreases injury risks from falling*
  - ✓ *Improves balance, stamina and agility*
  - ✓ *Reduces injuries to knees, hips, and ankles.*
  - ✓ *Improves overall performance in sport and physical activity.*
- What muscles are in the legs?
  - ✓ *Calf muscles – Gastrocnemius & Soleus*
  - ✓ *Shin muscle – Tibialis Anterior*
  - ✓ *Front thigh muscles – Quadriceps*
  - ✓ *Back thigh muscle – Hamstring*
  - ✓ *Buttock muscles – Gluteus Maximus*

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