

lesson objectives:

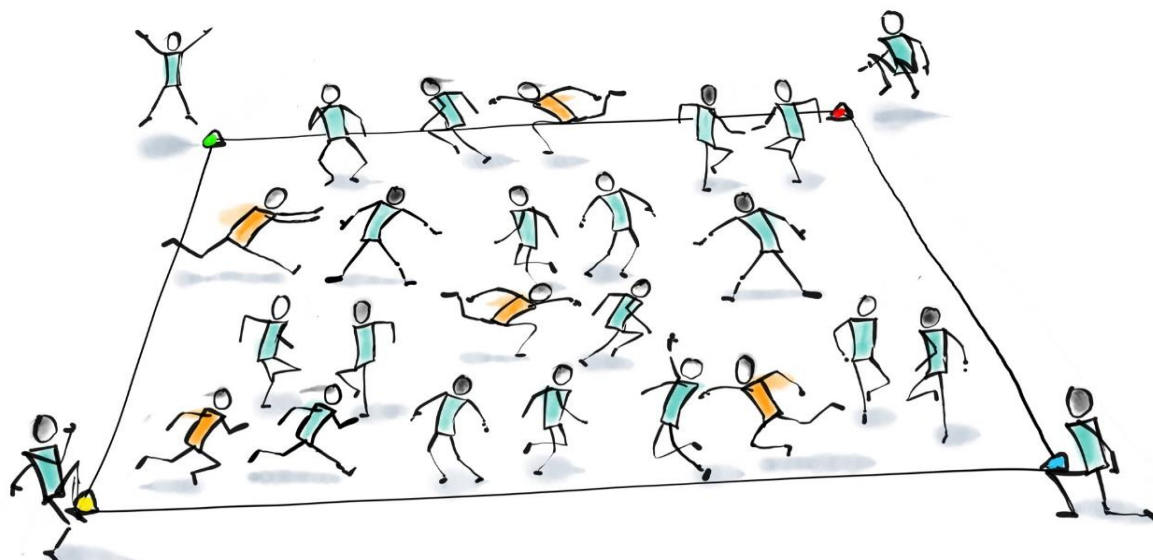
1. Develop lower body strength and fitness.
2. Link actions and combine movements.

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:

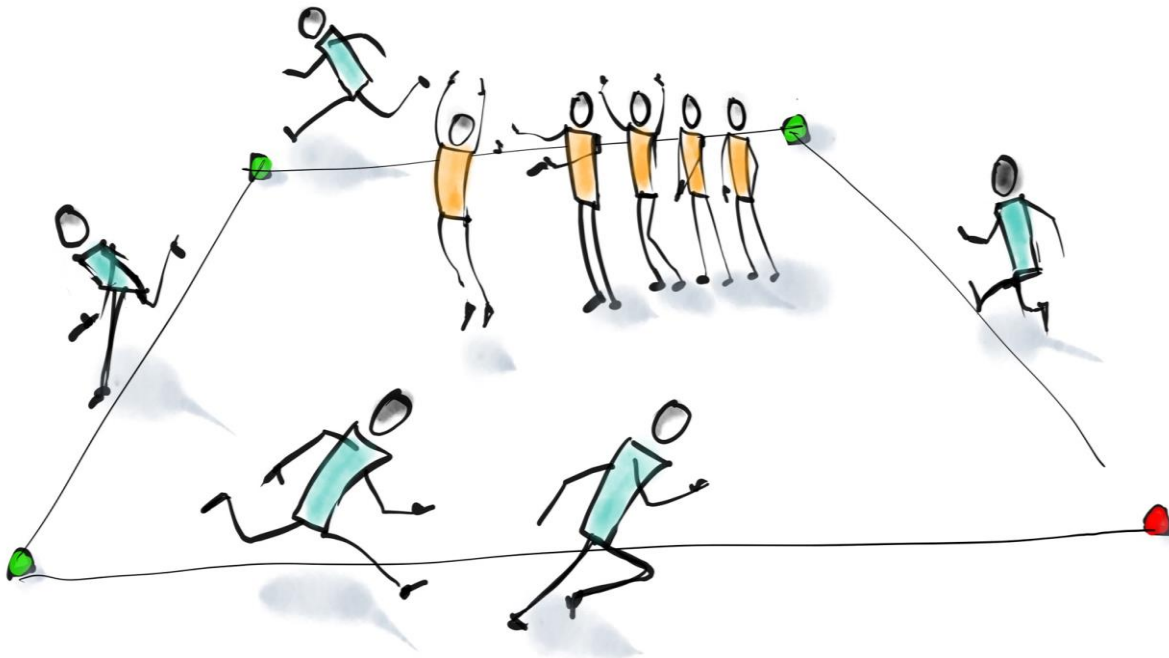
- Cones
- Mats (for the burpees)

how to set up:

- Create 2 large squares for the activity to be played by two groups at the same time.
- Split the class in half.
- In each square split the group in half.
- One half (per square) must be lined up, one behind the other, on one corner cone, and the other group stood in the middle of the square.

how to play:

- The group lined up on the cone outside of the square will be the runners.
- The runners must run around the outside of the square as many times as they can.
- The runners can all set off at the same time, and when any member of their team passes the start line, after a lap, they score one point for their team. So, for example, if there are 6 pupils in a team, and they all run around one time, they score 6 points.
- The team in the middle must perform 10 burpees each, but these are performed one after the other.
- The runners start running when the first person starts their burpees, and they continue running and scoring as many points as they can until the last pupil finishes their 10 burpees.
- Swap roles to see which team completes the most laps.



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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.

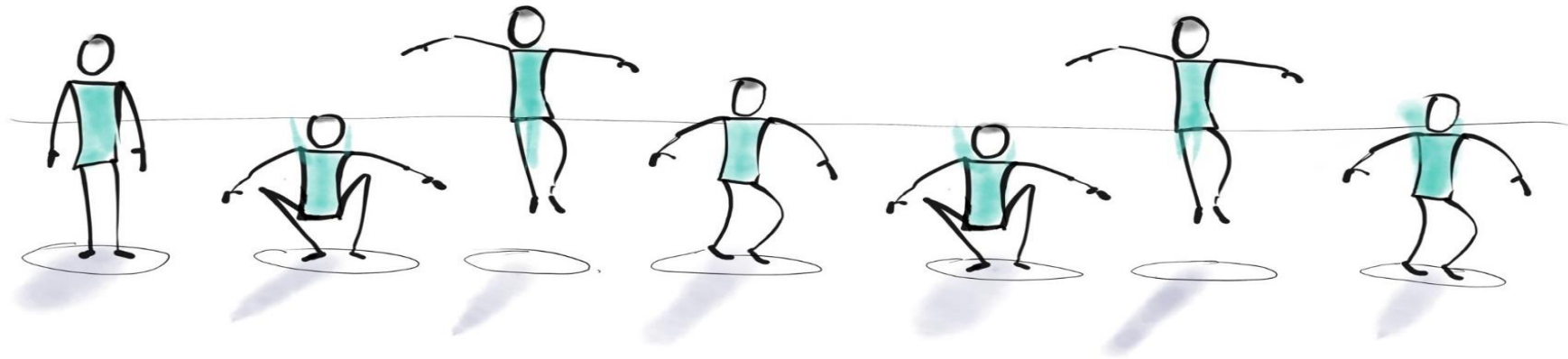
how to play:

- 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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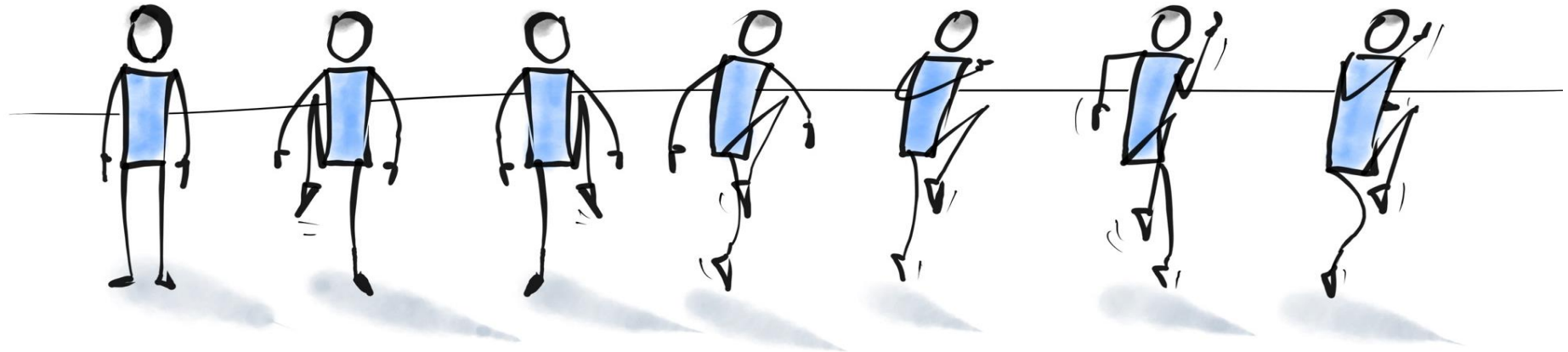
squat jumps



- 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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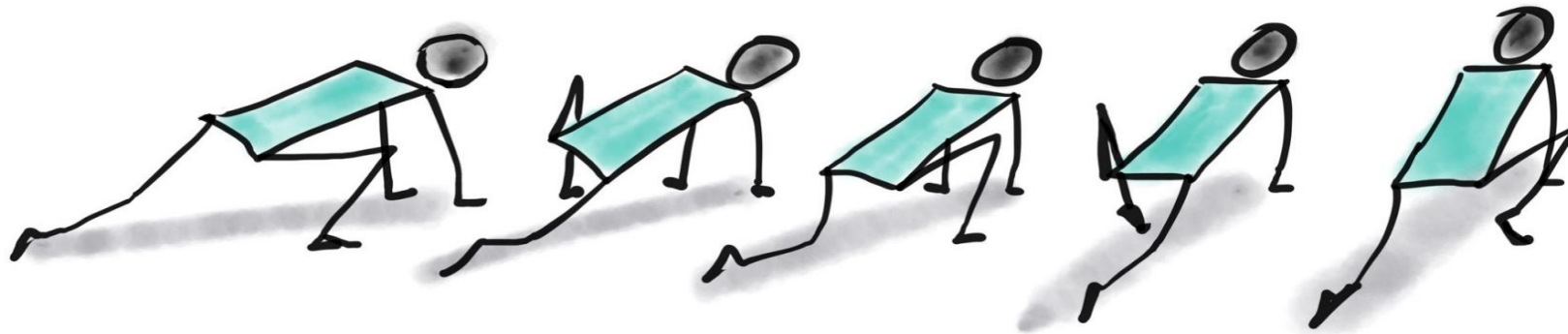
step back jacks



- 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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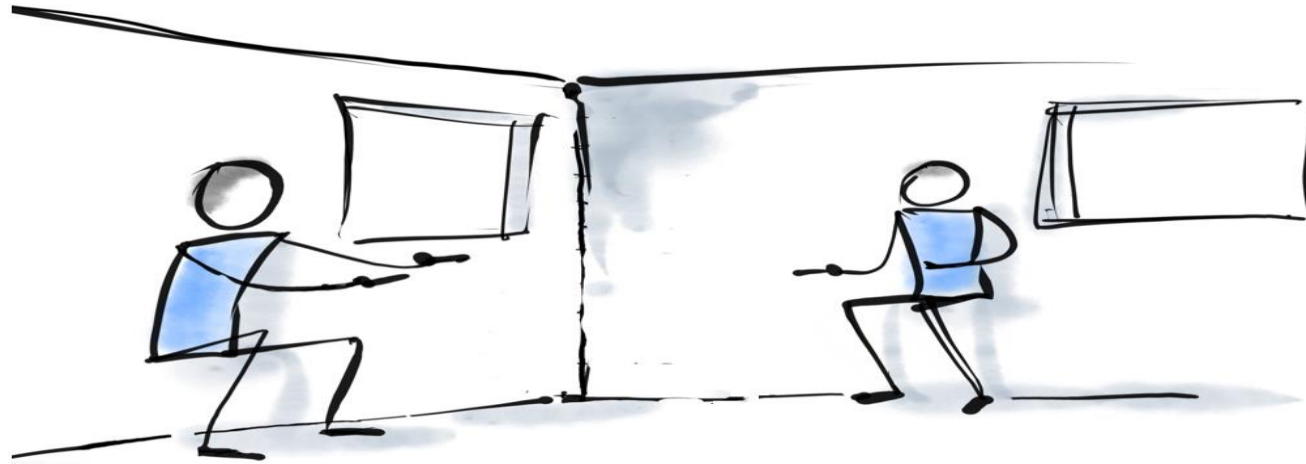
lunge jumps



- 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.

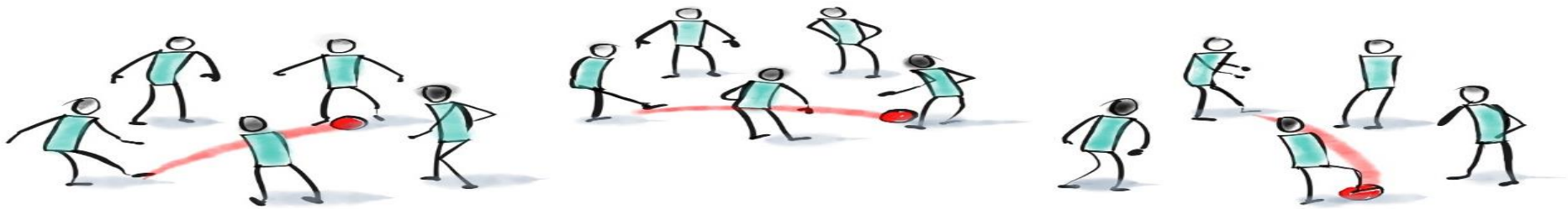
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the wall sit



- 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:

- Split the class into small groups. It works best if pupils are working with peers they haven't worked with on the circuits.
- Give each group a ball.
- Everyone gently jogs/marches on the spot.
- The pupil with the ball gently kicks it to another member of their group.
- The pupil who receives the ball must give some feedback on the lesson – what have they learnt, what muscles were worked, what did you enjoy, what was difficult?
- Once discussed, the pupil kicks the ball to someone else, who chooses a stretch to perform.
- Keep alternating between feedback and stretches.

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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