

Unit 1

Boot camp

- Learning objectives:**
- To understand how to prepare the body for exercise.
 - To understand what fitness means.

- Prior learning:**
- Know the importance of, and reasons for, warming up.
 - Parts of the body. (Link to health).

- Learning outcomes:**
- Experience some of the changes that occur during exercise.
 - Raise heart rate.
 - Develop agility and co-ordination.
 - Perform simple patterns of movement.

- Vocabulary:**
- Heart rate, agility, co-ordination.

- Equipment:**
- Spots, cones, bibs.

Warm-up:

Cars

Place spots on the floor around the room, ensuring each child has their own spot.

Explain to the children that they are driving a car and will move through the gears, changing the speed at which they move.

- 1st gear – walking.
- 2nd gear – walking fast.
- 3rd gear – jogging.
- 4th gear – jogging fast.
- Stop – the children return to their spot and park the car.

The children must change direction in a safe manner while they are driving.

Skills learning and development:

Ask: *Why do we need to be fit?* Explain to the children why personal fitness is important: it improves mobility in everyday life, improves the ability to concentrate and helps the body fight off illness. There are many ways to achieve personal fitness, including eating healthily and taking regular exercise.

Play a range of games that raise the heart rate. With the children, discuss the things that are happening to their bodies as they exercise.

Dishes and domes

Place 30 cones randomly around the room. Split the class into two teams and line them up opposite each other at the edges of the room, facing the cones. The object of the game is for each team to turn the cones either upside down (to form dishes) or the right way up (to form domes). Task one team to turn the cones upside down and the other team to turn them up the right way. After one minute, count the number of dishes and domes to see which team wins. Play the best of three games, and alternate the teams' tasks. This game really raises the heart rate and gets the children running around.

Chain tag

Appoint two children as catchers; their aim is to catch other by tagging them. When caught, the children join hands and catch as a pair and try to catch more people until they have a chain of four. They then break off into pairs and start again.

Application and practice:

Ask: *Where is your heart? Put your hand on it. Can you feel it beating? How is it beating?*

Reflect and review:

Ask:

- *Do you think your heart beat faster in the lesson today?*
- *When was it working really hard?*
- *Do you do any sport outside of school – what do you do?*
- *How can fitness affect our performance?*

Support

Reduce the space the children work in, and reduce the time they work for.

Extend

Increase the space the children work in and increase the time they work for.



Unit 1 Boot camp

- Learning objectives:**
- To complete a range of circuit-based activities and understand the reason for doing them.
 - To understand what happens to the heart rate during exercise.

- Learning outcome:**
- Learn new moves and perform them with good technique and balance.

- Prior learning:**
- Why it is important to be fit.
 - What sorts of things can be done to keep fit.
 - The importance of, and reasons for, warming up.
 - Parts of the body. (Link to health.)
 - What a circuit is, and why do one.

- Vocabulary:**
- Circuit, jacks, exercise, strength, aerobic.

- Equipment:**
- Markers/lines, medium-sized balls (soft).

Warm-up:

Numbers game

Ask the children to move around the whole room, changing their action when the following numbers are called.

1. Jog around the room.
2. Jumping jacks.
3. Sit down.
4. Bend down, touch the floor and jump up.

Ensure all children know the required moves. Vary the time between calling out the different numbers. *What has happened to your heart rate? Put your hand on your heart. Can you feel what is happening?*

Skills learning and development:

Introduce the exercises that the children are going to do in a circuit. Explain that a circuit is a variety of exercises that are completed one after the other, allowing individuals to work at their own pace. Usually the aim is to improve aerobic fitness and strength. Model the circuit.

- Star jumps (leg muscles, arm muscles and heart)
- Running on the spot with high knees (leg muscles and heart)
- Throw and catch (arm muscles and heart)
- Bend and stretch (leg muscles)
- Ball pass (abdominals and arm muscles)

Try all the exercises as a class. Help the children with the correct technique or ask them to pair up and help each other, giving feedback on how well they are doing the exercise. Feel free to change the circuit exercises if you wish.

Talk about the reason for doing each one, and which parts of the body are being used each time. Ask: *How do you feel after that exercise? Touch the muscles you used. Do you feel hot?*

Application and practice:

In pairs, encourage the children to perform each of the activities 10 times and give feedback to each other.

Ask the children to walk around the room, change direction and, on a clap, sit down, take a few deep breaths and return to walking.

Reflect and review:

Ask:

- *What have you learned today?*
- *What is a circuit?*
- *What changes occur to your body when you exercise?*
- *Why is it important to be fit?*

In pairs, ask children to discuss which activities they found easiest and hardest, and why.

Support

Reduce the amount of times the children perform the activities.

Extend

Increase the amount of times the children perform the activities.



Unit 1 Boot camp

Learning objective: • To complete a circuit that includes activities practised in Lessons 1 and 2.

Learning outcomes: • Demonstrate the correct technique for activities.
• Discover which activities individuals find easy or difficult.
• Develop agility and co-ordination.
• Perform simple patterns of movement.

Prior learning: • Activities to be included in the circuit.
• The reasons for warming up.
• The purpose of a circuit.

Vocabulary: • Circuit, travel, technique, heart beat.

Equipment: • Spots, markers/lines, stopwatch, medium-sized balls (soft).

Champions resources: • Skill cards.

Warm-up:

Each child puts a spot on the floor and stands on it. On the instruction 'Go', the children should walk around the room, in and out of the spots. On 'Stop' they should find their own spot and stand on it. Repeat the activity, varying the form of travel (jogging, skipping, hopping, galloping). Finish the activity with a walk. As the children walk to the spot on the last travel, ask them to put their hand on their heart. Ask: *Can you feel it beating? Why is it beating faster now?*

Skills learning and development:

Set up stations for the circuit, with a picture or card at each station. (This could be done before, or as the children are warming up.)

Recap on the correct technique for each activity, with the whole class performing it together. Explain how the circuit will work. In pairs, ask the children to work

for 30 seconds – one works, one counts and they then swap over. *Record your score in your book.*

Application and practice:

The circuit should be completed clockwise, in pairs. Continue until all the children have done each activity.

- Star jumps (leg muscles, arm muscles and heart)
- Running on the spot with high knees (leg muscles and heart)
- Throw and catch (arm muscles and heart)
- Bend and stretch (leg muscles)
- Ball pass (abdominals and arm muscles)

The fitness units in Champions work on the basis that the children attempt the same circuit to try and improve their fitness and technique each week. If you wish to change the individual circuit activities at any point, feel free, however do recognise that this affects the ability to assess progression.

Reflect and review:

Ask:

- *What have you learned today?*

Walk around the room with your partner and discuss which activities you found easy and hard, and explain why.

Support

Reduce the amount of time the children have to perform the activities.

Extend

Increase the amount of time the children have to perform the activities.



Unit 1 Boot camp

Learning objective: • To complete a circuit that includes activities practised in Lessons 1–3 with balance and co-ordination.

Learning outcomes: • Demonstrate the correct technique for activities.
• Improve on scores from Lesson 3.
• Develop agility and co-ordination.
• Perform simple patterns of movement.

Prior learning: • Activities to be included in the circuit.
• The reasons for warming up.
• The purpose of a circuit.

Vocabulary: • Circuit, travel, technique, heart beat.

Equipment: • Markers/lines, stopwatch, medium-sized balls (soft).

Champions resources: • Skill cards.

Warm-up:

Stuck in the mud

Choose three children to be catchers while the other children run around the room, changing direction and taking care not to bump into others. If caught, the runners should stand in a star shape; to re-enter the game, another child must set them free by running under their arms.

Step-ups onto a bench

Place benches along two sides of the room. Split the class into two teams and line them up at both benches. Ask the children to step onto the bench with their whole foot – one foot at a time – then to step off the bench, again one foot at a time. Repeat this activity several times.

Skills learning and development:

Set up stations for the circuit, with a picture or card at each station. (This could be done before, or as the children are warming up.)

Ask the children to pair up again, perhaps with a different partner, and read through their record books to check their scores from Lesson 3. In their pairs, they should explain how they are going to challenge

themselves in this lesson, setting a new target in some activities.

Application and practice:

In pairs, the children should work for 30 seconds – one works, one counts and they then swap over. *Record your score in your book.* The circuit should be completed clockwise, in pairs. Continue until all the children have done each activity.

- Star jumps (leg muscles, arm muscles and heart)
- Running on the spot with high knees (leg muscles and heart)
- Throw and catch (arm muscles and heart)
- Bend and stretch (leg muscles)
- Ball pass (abdominals and arm muscles)

Walk around the room with your partner and discuss whether you have improved your scores, and why you think this is the case.

The fitness units in Champions work on the basis that the children attempt the same circuit each week, to try and improve their fitness and technique each time. If you wish to change the individual circuit activities at any point, feel free, however do recognise that this affects the ability to assess progression.

Reflect and review:

Ask:

- *What have you learned today?*
- *Has your heart beat fast today?*
- *Why is this?*
- *Can you explain what a circuit is?*
- *Which activities really work your heart?*
- *Are you improving?*

Support

Reduce the amount of time the children have to perform the activities.

Extend

Increase the amount of time the children have to perform the activities.



Unit 1 Boot camp

Learning objective: • To complete a circuit that includes activities practised in Lessons 1-4 with balance and co-ordination.

Learning outcomes: • Demonstrate the correct technique for activities.
• Improve on scores from Lesson 4.
• Develop agility and co-ordination.
• Perform simple patterns of movement.

Prior learning: • Activities to be included in the circuit.
• The reasons for warming up.
• The purpose of a circuit.
• Basic circuit moves.

Vocabulary: • Circuit, travel, technique, heart beat.

Equipment: • Markers/lines, stopwatch, medium-sized balls (soft).

Champions resources: • Skill cards.

Warm-up:

Cars

Place spots on the floor around the room, ensuring each child has their own spot. Explain to the children that they are driving a car and will move through the gears, changing the speed at which they move.

- 1st gear – walking.
- 2nd gear – walking fast.
- 3rd gear – jogging.
- 4th gear – jogging fast.
- Stop – the children return to their spot and park the car.

The children must change direction in a safe manner while they are driving.

Skills learning and development:

Set up stations for the circuit, with a picture or card at each station. (This could be done before, or as the children are warming up.)

Ask the children to demonstrate the correct technique for each station.

Application and practice:

In pairs, the children should work for 30 seconds – one works, one counts and they then swap over. The circuit should be completed clockwise, in pairs. Continue until all the children have done each activity.

- Star jumps (leg muscles, arm muscles and heart)
- Running on the spot with high knees (leg muscles and heart)
- Throw and catch (arm muscles and heart)
- Bend and stretch (leg muscles)
- Ball pass (abdominals and arm muscles)

Walk around the room with your partner and discuss the activities you like and don't like, and say why.

The fitness units in Champions work on the basis that the children attempt the same circuit each week, to try and improve their fitness and technique each time. If you wish to change the individual circuit activities at any point, feel free, however do recognise that this affects the ability to assess progression.

Reflect and review:

Ask:

- *What have you learned today?*
- *Has your heart beat faster today?*
- *Why is this?*
- *Can you explain what a circuit is?*
- *Are you improving?*

Support

Reduce the amount of time the children have to perform the activities.

Extend

Increase the amount of time the children have to perform the activities.



Unit
1

Boot camp

Learning objective: • To complete a circuit that includes activities practised in Lessons 1-5.

Learning outcomes: • To demonstrate the correct technique for activities.
• To improve on scores from Lesson 5.
• Develop agility and co-ordination.
• Perform simple patterns of movement.

Prior learning: • Activities to be included in the circuit.
• The reasons for warming up.
• The purpose of a circuit.

Vocabulary: • Circuit, travel, technique, heart beat.

Equipment: • Markers/lines; stopwatch; medium-sized balls (soft).

Warm-up:

Follow the leader

In pairs, one child should follow their partner around the room, staying close together. The leader should vary the method of travel (e.g. with heel flicks, side steps, jogging, etc.). Change the leader and direction of travel regularly.

After the activity, ask the children to feel their heart beating. *Count how many beats it makes in 10 seconds and record it in your booklets.*

Skills learning and development:

Set up stations for the circuit, with a picture or card at each station. (This could be done before, or as the children are warming up.)

Recap on the correct technique for each activity and ask the children to demonstrate.

Application and practice:

In pairs, the children should work for 30 seconds – one works, one counts and they then swap over. *Record your score in your book.* The circuit should be completed clockwise, in pairs. Continue until all the children have done each activity.

- Star jumps (leg muscles, arm muscles and heart)
- Running on the spot with high knees (leg muscles and heart)
- Throw and catch (arm muscles and heart)
- Bend and stretch (leg muscles)
- Ball pass (abdominals and arm muscles)

Walk around the room with your partner and discuss the activities you have made the biggest improvements in, and why.

The fitness units in Champions work on the basis that the children attempt the same circuit each week, to try and improve their fitness and technique each time. If you wish to change the individual circuit activities at any point, feel free, however do recognise that this affects the ability to assess progression.

Reflect and review:

Ask:

- *What have you learned today?*
- *Have you enjoyed doing circuits?*
- *Why do people do circuits?*
- *Where have you made the biggest improvements and why?*

Support

Reduce the amount of time the children have to perform the activities.

Extend

Increase the amount of time the children have to perform the activities.

