

UNIT TITLE: AGILITY

TEACHER: MISS JOYCE

SESSION TOPIC: FITNESS

SESSION NUMBER: 1

LESSON OBJECTIVES:

I CAN FOLLOW INSTRUCTIONS FROM THE WORK-SHEET AND/ OR I CAN FOLLOW INSTRUCTIONS FROM A PARENT/ GUARDIAN

WARM UP:

OBJECTIVES:

- FOLLOWING INSTRUCTIONS
- USING THE SPACE I HAVE SAFELY AND EFFECTIVELY

QUESTIONS:

- WHAT CHANGES DO I FEEL HAPPENING TO MY BODY WHILST I WARM-UP?

LEARNER ACTIVITY:

1. JOGGING ON THE SPOT FOR 30 SECONDS
2. STAR-JUMPS ON THE SPOT FOR 30 SECONDS
3. PUNCHING THE AIR FOR 30 SECONDS
4. TUCK JUMPS FOR 30 SECONDS
5. SQUATS FOR 30 SECONDS
6. REST FOR 60 SECONDS

CAN WE NOW THINK OF A STRETCH FOR EACH PART OF OUR BODY?

- FOR EXAMPLE- TOUCHING OUR TOES AND REACHING TO THE SKY
- HOLD EACH STRETCH FOR 15 SECONDS

MAKE IT EASIER:

- REDUCE THE LENGTH OF TIME ON EACH ACTIVITY

MAKE IT HARDER:

- INCREASE THE LENGTH OF TIME ON EACH ACTIVITY

ACTIVITY 1: CARDIO FITNESS

OBJECTIVES:

- WORKING ON MY STAMINA
- I AM RESILIENT- WORKING ON NOT GIVING UP

QUESTIONS:

- WHAT IS CARDIOVASCULAR-FITNESS?
- WHAT PART OF OUR BODY IS WORKING THE HARDEST?
- (ASK AN ADULT/ RESEARCH WITH PARENTAL GUIDANCE)

LEARNER ACTIVITY:

1. 30 SECOND SHUTTLE RUNS
2. 20 STAR JUMPS
3. RUN UP THE STAIRS 5 TIMES (ONLY IF SUITABLE/SAFE TO DO SO)
4. 30 SECONDS OF HIGH KNEES
5. 30 SECONDS OF HEEL FLICKS
6. 30 SECOND MOUNTAIN CLIMBERS
7. 30 SECOND STEP UP- USING THE BOTTOM STEP

REST WHEN NEEDED

REPEAT TWICE

MAKE IT EASIER:

- REDUCE THE LENGTH OF TIME ON EACH ACTIVITY
- ADAPT ACTIVITIES WHERE NEEDED

MAKE IT HARDER:

- INCREASE THE LENGTH OF TIME ON EACH ACTIVITY



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ACTIVITY 2: RESISTANCE FITNESS

OBJECTIVES:

1. TO FORM STRONG, HEALTHY, MUSCLES AND JOINTS

QUESTIONS:

1. WHAT IS RESISTANCE FITNESS?
2. NAME ONE MORE RESISTANCE EXERCISE NOT LISTED IN THE LEARNER ACTIVITY?
3. RESEARCH WITH PARENTAL CONSENT

LEARNER ACTIVITY:

1. 30 SECONDS SIT-UPS
2. 30 SECONDS SQUATS
3. 5 WALKING LUNGES
4. 30 SECOND LEG RAISES
5. 15 SECOND PLANK
6. 10 KNEE/NORMAL PRESS-UPS

REST WHEN NEEDED

REPEAT TWICE

MAKE IT EASIER:

- REDUCE THE LENGTH OF TIME ON EACH ACTIVITY
- ADAPT ACTIVITIES WHERE NEEDED
- RESEARCH EXERCISES YOU ARE UNSURE OF/ OR GET IN TOUCH WE WILL ADVISE YOU

MAKE IT HARDER:

INCREASE THE LENGTH OF TIME ON EACH ACTIVITY

COOL DOWN:

OBJECTIVES:

1. UNDERSTANDING THE IMPORTANCE OF COOLING DOWN

QUESTION:

1. WHY IS IT IMPORTANT TO COOL DOWN
2. WHAT IS A DYNAMIC STRETCH/ CAN WE NAME ONE

LEARNER ACTIVITY:

1. JOGGING ON THE SPOT FOR 60 SECONDS
2. SKIPPING ON THE SPOT FOR 60 SECONDS
3. WALKING ON THE SPOT FOR 60 SECONDS
4. CONTROL OUR BREATHING- DEEP BREATHE IN FOR 4 SECONDS, HOLD FOR 4 SECONDS, BREATHE OUT FOR 4 SECONDS (REPEAT 5 TIMES)

CAN WE NOW THINK OF A STRETCH FOR EACH PART OF OUR BODY WHILST WE MOVE?

- FOR EXAMPLE- WALKING LUNGES
- CARRY OUT EACH STRETCH FOR 15 SECONDS

MAKE IT EASIER:

1. CHANGE THE EXERCISE TO MAKE IT EASIER
2. ASK A PARENT/GUARDIAN TO HELP

MAKE IT HARDER:

SELF ASSESSMENT:

- WHAT DID YOU ENJOY?
- WHAT DID YOU FIND EASY/ HOW COULD YOU MAKE IT HARDER?
- WHAT DID YOU STRUGGLE WITH/ HOW COULD YOU PRACTICE TO IMPROVE?

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UNIT TITLE: AGILITY

TEACHER: MISS JOYCE

SESSION TOPIC: REACTION TIME

SESSION NUMBER: 2

LESSON OBJECTIVES:

I CAN REACT QUICKLY TO INSTRUCTIONS GIVEN WHILST CARRYING OUT PHYSICAL ACTIVITY

WARM UP:

OBJECTIVES:

- FOLLOWING INSTRUCTIONS
- USING THE SPACE I HAVE SAFELY AND EFFECTIVELY

QUESTIONS:

- WHY IS IT IMPORTANT TO WARM-UP?

LEARNER ACTIVITY:

1. JOGGING ON THE SPOT FOR 30 SECONDS
2. STAR-JUMPS ON THE SPOT FOR 30 SECONDS
3. PUNCHING THE AIR FOR 30 SECONDS
4. TUCK JUMPS FOR 30 SECONDS
5. SQUATS FOR 30 SECONDS
6. REST FOR 60 SECONDS

CAN WE NOW THINK OF A STRETCH FOR EACH PART OF OUR BODY?

- FOR EXAMPLE- TOUCHING OUR TOES AND REACHING TO THE SKY
- HOLD EACH STRETCH FOR 15 SECONDS

MAKE IT EASIER:

- REDUCE THE LENGTH OF TIME ON EACH ACTIVITY

MAKE IT HARDER:

- INCREASE THE LENGTH OF TIME ON EACH ACTIVITY

ACTIVITY 1: REACTION FITNESS

OBJECTIVES:

- I WILL REACT QUICKLY TO COMMANDS GIVEN
- I CAN PLAY FAIRLY

QUESTIONS:

- WHY IS IMPORTANT TO REACT FAST IN SPORT?

LEARNER ACTIVITY:

1. THIS ACTIVITY WILL NEED AT LEAST TWO PEOPLE, ONE TO CARRY OUT THE ACTIVITY, ONE TO GIVE COMMANDS.
2. PLAYER ONE WILL BE CARRYING OUT DIFFERENT EXERCISES EACH-ROUND, SUCH AS: STAR-JUMPS, JOGGING ON THE SPOT, PLANK, SQUATS ETC.
3. WHEN PLAYER 2 SHOUTS GRAB, PLAYER 1 WILL HAVE TO REACT AS QUICKLY AS POSSIBLE TO GRAB THE ITEM IN-FRONT OF THEM (USE AN UN-BREAKABLE ITEM SUCH AS A CUSHION).

THIS GAME CAN BE PLAYED COMPETITIVELY, WITH 2 OR MORE PLAYERS. THE PERSON TO GRAB THEIR ITEM THE QUICKEST SCORES THE POINT. DON'T FORGET YOU ALSO NEED ONE PERSON TO GIVE COMMANDS.

MAKE IT EASIER:

- REDUCE THE LENGTH OF TIME ON EACH ROUND
- ADAPT ACTIVITIES WHERE NEEDED

MAKE IT HARDER:

- INCREASE THE LENGTH OF TIME ON EACH ROUND



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ACTIVITY 2: THE COLOURED REACTION SQUARE

OBJECTIVES:

1. I CAN REMEMBER EACH COMMAND AS WELL AS REACTING QUICKLY TO COMMANDS

QUESTIONS:

1. WHY IS IMPORTANT TO BE LIGHT ON OUR TOES WHILST WAITING FOR COMMANDS?

LEARNER ACTIVITY:

1. FOR THIS ACTIVITY YOU NEED AT LEAST TWO PEOPLE. YOU ALSO NEED TO MAKE A SQUARE WITH 4 DIFFERENT COLOURED UN-BREAKABLE OBJECTS SUCH AS; FOUR DIFFERENT COLOURED SOCKS
2. PLAYER 1 WILL STAND IN THE CENTRE OF THE SQUARE. THE OTHER PERSON WILL GIVE COMMANDS SUCH AS: YELLOW.
3. PLAYER 1 WILL TOUCH THAT COLOUR AND THEN RETURN BACK TO THE CENTRE OF THE SQUARE TO AWAIT ANOTHER COMMAND

THIS GAME CAN BE PLAYED COMPETITIVELY, BY THE PLAYER IN THE MIDDLE LOSING POINTS FOR HESITATION OR GOING TO THE WRONG COLOUR.

MAKE IT EASIER:

- ADAPT ACTIVITIES WHERE NEEDED
- GET IN TOUCH WE WILL ADVISE YOU

MAKE IT HARDER:

ADD IN MORE THAN ONE COMMAND SUCH AS: YELLOW, BLUE, YELLOW, RED
ADD IN DIFFERENT BODY PARTS SUCH AS: RED HAND, YELLOW FOOT.

COOL DOWN:

OBJECTIVES:

1. UNDERSTANDING THE IMPORTANCE OF COOLING DOWN

QUESTION:

1. WHY IS IT IMPORTANT TO COOL DOWN
2. WHAT IS A DYNAMIC STRETCH/ CAN WE NAME ONE

LEARNER ACTIVITY:

1. JOGGING ON THE SPOT FOR 60 SECONDS
2. SKIPPING ON THE SPOT FOR 60 SECONDS
3. WALKING ON THE SPOT FOR 60 SECONDS
4. CONTROL OUR BREATHING- DEEP BREATHE IN FOR 4 SECONDS, HOLD FOR 4 SECONDS, BREATHE OUT FOR 4 SECONDS (REPEAT 5 TIMES)

CAN WE NOW THINK OF A STRETCH FOR EACH PART OF OUR BODY WHILST WE MOVE?

- FOR EXAMPLE- WALKING LUNGES
- CARRY OUT EACH STRETCH FOR 15 SECONDS

MAKE IT EASIER:

1. CHANGE THE EXERCISE TO MAKE IT EASIER
2. ASK A PARENT/GUARDIAN TO HELP

MAKE IT HARDER:

SELF ASSESSMENT:

- WHAT DID YOU ENJOY?
- WHAT DID YOU FIND EASY/ HOW COULD YOU MAKE IT HARDER?
- WHAT DID YOU STRUGGLE WITH/ HOW COULD YOU PRACTICE TO IMPROVE?

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UNIT TITLE: AGILITY
SESSION TOPIC: EXPLORING
DIFFERENT MOVEMENTS

TEACHER: MISS JOYCE
SESSION NUMBER: 3

LESSON OBJECTIVES:

- 1. I CAN FIND THE SPACE IN THE AREA SAFELY AND EFFECTIVELY
- 2. I AM CREATIVE WITH DIFFERENT WAYS I CAN TRAVEL FROM A TO B

WARM UP:

OBJECTIVES:

- FOLLOWING INSTRUCTIONS
- USING THE SPACE I HAVE SAFELY AND EFFECTIVELY

QUESTIONS:

- WHICH ENERGY SYSTEM IS WORKING?

LEARNER ACTIVITY:

1. JOGGING ON THE SPOT FOR 30 SECONDS
2. STAR-JUMPS ON THE SPOT FOR 30 SECONDS
3. PUNCHING THE AIR FOR 30 SECONDS
4. TUCK JUMPS FOR 30 SECONDS
5. SQUATS FOR 30 SECONDS
6. REST FOR 60 SECONDS

CAN WE NOW THINK OF A STRETCH FOR EACH PART OF OUR BODY?

- FOR EXAMPLE- TOUCHING OUR TOES AND REACHING TO THE SKY
- HOLD EACH STRETCH FOR 15 SECONDS

MAKE IT EASIER:

- REDUCE THE LENGTH OF TIME ON EACH ACTIVITY

MAKE IT HARDER:

- INCREASE THE LENGTH OF TIME ON EACH ACTIVITY

ACTIVITY 1: OBJECT TOUCH

OBJECTIVES:

- I CAN FIND THE SPACE IN THE AREA
- I CAN USE QUICK MOVEMENTS

QUESTIONS:

- WHY IS IT IMPORTANT TO FIND LARGE SPACES IN P.E. AND SPORT?

LEARNER ACTIVITY:

1. PLAYERS WILL BE GIVEN 30 SECONDS TO TOUCH AS MANY ITEMS LAID OUT ON THE FLOOR AS POSSIBLE.
2. SPREAD OUT 20 SOCKS OR UNBREAKABLE ITEMS IN A SUITABLE PLACE IN THE HOUSE OR IN THE GARDEN.
3. YOU CANNOT CONTINUOUSLY TOUCH THE SAME ITEM
4. CHALLENGE YOURSELF TO BEAT YOUR PREVIOUS SCORE

THIS GAME CAN BE PLAYED COMPETITIVELY, PLAY AGAINST SOMEBODY ELSE, WHO CAN TOUCH THE MOST ITEMS WITHIN THE SET TIME. FIND THE SPACES AWAY FROM THE OTHER PLAYER

MAKE IT EASIER:

- INCREASE THE SPACE USED IF POSSIBLE

MAKE IT HARDER:

INCREASE THE LENGTH OF TIME ON EACH ROUND



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ACTIVITY 2: EXPLORING DIFFERENT MOVEMENTS

OBJECTIVES:

1. ALWAYS LOOK TO FIND THE BIGGEST SPACE AWAY FROM OTHER PLAYERS

QUESTIONS:

1. CAN WE THINK OF SOME OTHER WAYS TO MOVE, NOT LISTED ON THE LEARNER ACTIVITY?

LEARNER ACTIVITY:

1. FOLLOWING THE SAME INSTRUCTIONS FROM THE PREVIOUS ACTIVITY. CHANGE THE WAY WE MOVE.
2. ROUND 1: JUMPING
3. ROUND 2: HOPING
4. ROUND 3: SKIPPING
5. ROUND 4: CRAWL

MAKE IT EASIER:

- ADAPT ACTIVITIES WHERE NEEDED
- GET IN TOUCH, WE WILL ADVISE YOU

MAKE IT HARDER:

- ADD IN MORE PLAYERS
- LESS OBJECTS TO TOUCH
- A BIGGER DISTANCE BETWEEN EACH OBJECT

COOL DOWN:

OBJECTIVES:

1. UNDERSTANDING THE IMPORTANCE OF COOLING DOWN

QUESTION:

1. WHY IS IT IMPORTANT TO COOL DOWN
2. WHAT IS A DYNAMIC STRETCH/ CAN WE NAME ONE

LEARNER ACTIVITY:

1. JOGGING ON THE SPOT FOR 60 SECONDS
2. SKIPPING ON THE SPOT FOR 60 SECONDS
3. WALKING ON THE SPOT FOR 60 SECONDS
4. CONTROL OUR BREATHING- DEEP BREATHE IN FOR 4 SECONDS, HOLD FOR 4 SECONDS, BREATHE OUT FOR 4 SECONDS (REPEAT 5 TIMES)

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MAKE IT HARDER:

SELF ASSESSMENT:

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