

Year 3/4

WEEK 5

TOTAL BODY WORKOUT

Focus:
Power

Suggested work out:

Pulse raiser for 5 minutes. Start with light walking and skipping increasing speed slowly. 30 seconds of really good quality explosive action before changing and then going again. Perform 3-4 sets of these. Pulse lowering to cool down before static stretches and relaxing

PRESS UP CRAWL THROUGHS

One pupil will do press ups as the other crawls underneath them and runs around to start again. Pupil performing press up holds the straight arm position to allow partner to crawl through.

SIDE RAISE HOOP PASS

Stand in a line with your team, arms out in a side raise and finger tips to the next person. A ball starts at one end of the line and is passed along. Must hold the side raise until the ball has been passed to everyone.

IN & OUT SQUATS

Holding a squat position move your feet from the centre to a wide base and back again.
Build up speed gradually.

HIGH KNEE RUN

On the spot bring your knees up to running on the spot with high knees. Power your arms from hip to lip.

V SIT CONE TAP

Sitting in the middle of four cones. From a V sit position extend one arm or leg in turn to reach and tap a cone, control your movements through your stomach.

SIDE PLANK

With a partner position yourselves side by side in a normal plank position.
Rotate to a side plank by lifting one arm above your head to face each other, return to a plank then rotate the other way to a side plank back to back.

GET UP / DROP DOWN

Lie face down on the floor, get up over the bench and lay down on the other side, repeat. You can use something as simple as markers or a skipping rope.

N.B If you are using a bench you must bunny hop over so have your hands wrapped around the bench.

MAINTAIN CLIMBERS

Start in a straight arm plank position and lift your knees towards your chest and back again.
How fast can you go?

EQUIPMENT:

Stopwatch / whistle / mats / bench / cones / hoops

ONE**TWO****DO**

Running on the spot. You need to raise your knees and pump your arms.

Keep your chest and head up and pump your arms locking your elbows. Have the movement come from your shoulder.

THINK

Why do sprinters use blocks when they start their races?

FEEL

When you watch sports stars on the TV are they nervous or focused? Which are you when you compete and why?

ONE**TWO****THREE****FOUR****DO**

From lying on your front, squat jump up and grab hold of the bench. Jump over the bench and lie down.

YOU CAN USE CONES IF YOU DO NOT HAVE A BENCH.

THINK

Can you observe your partner. Give them feedback to help them.

FEEL

Can you congratulate your partner once they have completed their task.

ONE**TWO****DO**

Start in a low squat position and then jump both legs out to the side and return.

Make sure you keep your body at the same height.

Be on the balls of your feet, head and chest upright and looking forward.

THINK

As we get fitter what differences would you expect to feel in your body?

FEEL

List foods that are good for us to snack on.

ONE**TWO****THREE****DO**

Start in a press up position keeping a straight line from your head to your heels.

Arms to be straight and hands in line with your shoulders.

Bring one knee up to your arm and return then repeat with the other leg.

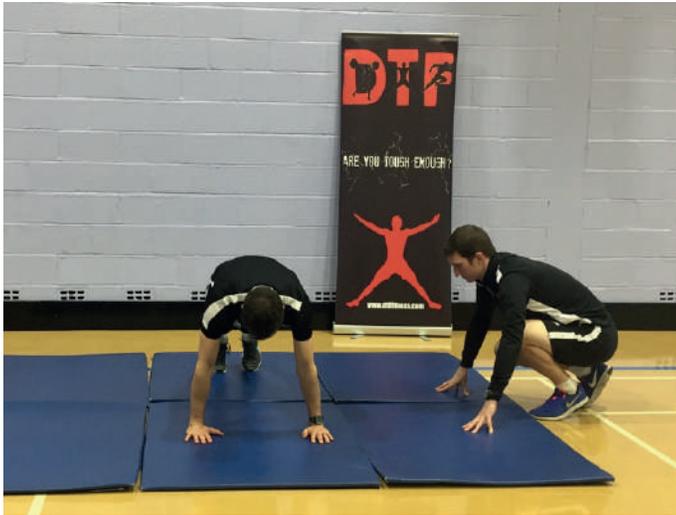
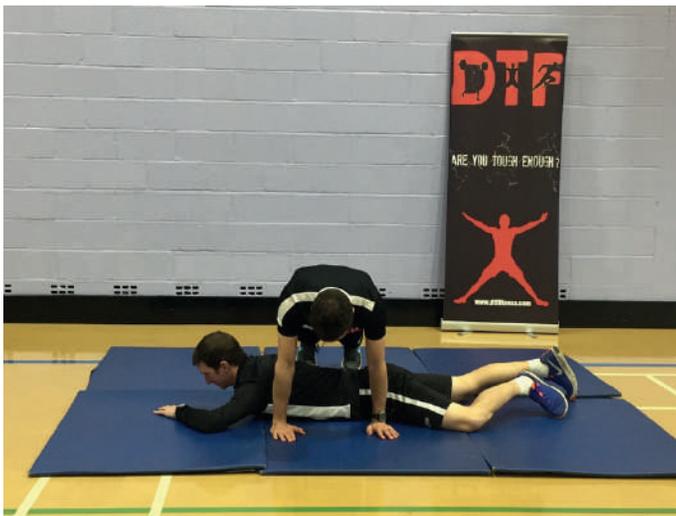
Increase the speed as you go.

THINK

Can you identify where our body gets its energy?

FEEL

Why would we want to eat chocolate over an apple?

ONE**TWO****THREE****DO**

Hold a push up position creating a large enough gap for your partner to get through.

Let your partner crawl through. Try to perform a push up once they have crawled through.

Have your arms in line with your shoulders. Lock your tummy and don't let your body drop.

THINK

Try having your hands ahead of your shoulders. How does this feel?

FEEL

What are vitamins and minerals?

ONE



TWO



THREE



DO

In your pairs/ team take a ball or bean bag and start with your arms at shoulder height.

One person will start and bring the ball from one arm to another but keeping their arms level with their shoulders.

They pass the ball to the next person.

When you haven't got the ball keep your hands in a position with the palms facing the floor.

THINK

Take another pair or team on and see who can hold it the longest.

FEEL

Why do people want to compete in activities, what is the benefit of competition?

V SIT REACH

ONE**TWO****THREE****DO**

From a V Sit position with your head and upper back off the ground as well as your feet have your partner call out the colours. You need to reach with either your foot or hand to touch the right cone.

Your weight should be all on your bottom, try to counter act the balance as you go forward, backwards and sideways.

THINK

Can you name some foods that are high in fat?

FEEL

How would we feel if we ate lots and lots of chocolate?