

exercise Medium Term Plan: Summer 1 - Ages 9-10

imoves	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Warm Up	Indoors: Play the bumper-sized warm-up video that contains three different fitness and dance routines. This can be done in a hall space or even in the classroom if space is limited.	Indoors: Play the bumper-sized warm-up video that contains three different fitness and dance routines. This can be done in a hall space or even in the classroom if space is limited.	Indoors: Play the bumper-sized warm-up video that contains three different fitness and dance routines. This can be done in a hall space or even in the classroom if space is limited.	Indoors: Play the bumper-sized warm-up video that contains three different fitness and dance routines. This can be done in a hall space or even in the classroom if space is limited.	Indoors: Play the bumper-sized warm-up video that contains three different fitness and dance routines. This can be done in a hall space or even in the classroom if space is limited.	Indoors: Play the bumper-sized warm-up video that contains three different fitness and dance routines. This can be done in a hall space or even in the classroom if space is limited.
Activity	Birds, Caterpillars & Crabs Children perform arm-circles as birds, push-ups or floor sliding as caterpillars, and crab walking in "Birds, Caterpillars & Crabs."	Birds, Caterpillars & Crabs 2 Follow commands as in lesson 1, then they then try moving with only one leg touching the floor.	Birds, Caterpillars & Crabs level 3 , children partner up for a counter-balance exercise after making circles with their arms. They also do push-ups or race along the floor for Caterpillars and move like crabs to mirror their partner	Bootcamp 26 Bootcamp circuit cards and monitoring sheet for 3 lessons. Display heart rate monitoring slides with explanations on heart rate, pulse-taking, RPE and Talk test. Record HR, RPE, talk test monitoring and feelings, starting with resting heart rate.	Bootcamp 26 Bootcamp circuit cards and monitoring sheet for 3 lessons. Recap heart rate monitoring and do a second pulse check for resting heart rate using a timer or stopwatch. Record results.	End of Term Assessment Floor Work - Progress from simple to advanced floor work, involving transferring objects while holding a front/back support position, including holding positions with one foot and rotating fluidly.
Skill	Baseline Assessment Floor Work - Exercises progress from simple to advanced floor work, involving transferring objects while holding a front or back support position, including holding positions with one foot and rotating fluidly.	Under the Bridge Two-player game with a beanbag. Players push it between each other's arms in plank position to earn points. First to 5 wins. Use sponge ball for a greater challenge.	180 Degree Challenge Starting on a mini-front support position, pairs see how many moves it takes to face 180 degrees in the opposite direction. Leaders perform the challenge, and followers copy the movements.	Fitness Circuit Children download Bootcamp Fitness Circuit cards, each card shows a body part and whether it's a Cardiovascular exercise. Work through cards A-M, playing upbeat music.	Fitness Circuit Children download Bootcamp Fitness Circuit cards, each card shows a body part and whether it's a Cardiovascular exercise. Work through cards N-Z, playing upbeat music.	Circuit Design Children pick a Bootcamp Circuit card each and arrange all 26 cards alphabetically. In pairs, they choose 5 exercises to create their circuit, writing them in their sheet. Each pair will have their own small circuit space.
Activity with Skill	Crab Football 2 teams of 5-6 players each (inc. goalies) play in a large rectangular area using only feet/head to hit ball in crab position. Goals earned by putting ball in opposing team's goal. Only goalkeeper can use hands. Points can be earned by demonstrating positive traits	Cones & Crabs Football: Teams of 5-6 play in crab position, using only feet/head to hit ball. Goals scored by putting ball in opposing team's goal. Bonus point for transferring cone to hoop. Game starts with leader dropping ball for kick-off.	Spiders, Cones & Crabs Players choose crab or spider positions, transferring cones to a hoop to score goals while balancing. Cones must be transferred on stomach for crabs, and on back for spiders. Bonus for successful transfers without dropping.	Workout World Children work in pairs or groups of 3. Each Bootcamp Circuit card is a 'station'. Exercise is done until music changes, then move clockwise to next station. Play upbeat music for 10 sets of 1 minute of exercise followed by 30 seconds to move on. A-M.	Workout World Children work in pairs or groups of 3. Each Bootcamp Circuit card is a 'station'. Exercise is done until music changes, then move clockwise to next station. Play upbeat music for 10 sets of 1 minute of exercise followed by 30 seconds to move on. N-Z.	5 Station Circuit Children choose 5 exercises and write them on papers to put on 5 different stations. They read their circuit exercises and do them with their partner. Heart rate is monitored and recorded. The music track is played several times for children to repeat exercises.
Review / Assess	Snapshot Assessment Sheet Use the assessment snapshot form to complete a baseline of where you think your children are at this point in their learning	Head, Hands, Heart Encourage children to review their learning based on their thinking, their skills, and their character – so in essence, their Head, Hands and Heart.	Head, Hands, Heart Encourage children to review their learning based on their thinking, their skills, and their character – so in essence, their Head, Hands and Heart.	Peer Observation Cards Child observes another child to provide feedback, support, and advice. Inspire children to interact with someone different than their usual go-to.	Peer Observation Cards Child observes another child to provide feedback, support, and advice. Inspire children to interact with someone different than their usual go-to.	Snapshot Assessment Sheet Use the assessment snapshot form to complete a baseline of where you think your children are at this point in their learning