

imoves	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Warm Up	Warm-Up Use warm-up video indoors to prepare children for upcoming lesson activities.	Warm-Up Participate in an indoor warm-up video to enhance muscle memory and prepare for lesson activities.	Warm-Up Revisit indoor warm-up video for muscle memory enhancement and lesson preparation.	Warm-Up Join in an indoor warm-up video to prepare for the lesson activities.	Warm-Up Time for a warm-up video indoors to prepare for the lesson's activities.	Warm-Up Engage in an indoor warm-up video to prepare for the lesson's activities.
Activity	Baseline Assessment Assess running, jumping, and throwing skills, focusing on fluidity, control, stride, posture, and technique.	Jump, Jump Enable discussion on exercise effects; guide children through different jump types focusing on control and knee bending.	Combination Jumping Learn about combination jumps and build a triple jump skill, discussing control, fluency, strength, and consistency.	Bootcamp Circuit Introduction Print and familiarize students with Bootcamp circuit cards and monitoring sheets, discuss heart rate monitoring.	Bootcamp Fitness Review heart rate monitoring and Bootcamp Circuit cards, perform second pulse check to record resting heart rates.	Baseline Assessment Assess running, jumping, and throwing skills, focusing on fluidity, control, stride, posture, and technique.
Skill	Children's Exercise Discussion Engage children in a dialogue about exercise effects on the body. Tactical Timeouts Allow self-assessment and exchange of ideas to foster new learning.	Jumping & Landing Perform a set of basic jumps for skill improvement, with rest intervals to prevent fatigue. Discussion Encourage children to share ideas on how to achieve farther jumps, discussing power generation and control.	Jumping & Landing Practice five basic jumps and combination jumps, discussing how to enhance jump distance, ensure rest periods.	Skill: Cards A – M Review Bootcamp Circuit cards one by one, demonstrating and discussing each exercise and the targeted body parts.	Skill: Bootcamp Fitness (N-Z) Walk through exercises N-Z on the Bootcamp Circuit cards, ensuring proper technique and understanding.	Assessment Points Review performance learning objectives and skills outcomes. Assess understanding of exercise's impact on the body and the combination of skills.
Activity with Skill	Competitive Hopping Conduct a hopping competition and exchange learning points and compare techniques.	Longest Jump Wins Organise a competitive game where children aim to cover a distance in the least number of jumps, encouraging personal best achievement.	Jonathan Edwards World Record Challenge Teams of four compete to cover the world record triple jump distance in the least number of hops, with variations in jumping styles.	Workout World Create a circuit using the Bootcamp cards; children rotate between stations on music cues, monitoring heart rates before and after the workout.	Workout World (N-Z) Build a circuit using Bootcamp cards N-Z; students rotate between stations on music cues, monitoring heart rates before and after workout.	Workout World (A-Z) Implement a circuit using all Bootcamp cards (A-Z); students rotate between stations on music cues, monitoring heart rates after each set of 10 exercises.
Review / Assess	Importance of Control Discussion Discuss the significance of movement control during physical activities.	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 usual go-to.	Peer Observation Cards Child observes another child to provide feedback, support, and advice. Inspire children to interact with someone different than usual go-to.	Importance of Control Discussion Discuss the significance of movement control during physical activities.