

Wet Weather Lesson	Subject: HRE	Year: 7	Group:	Total No.:	M:	F:
	Lesson Description: Circuit Training	Ability:	Period:	SEN:		
		Duration:	w/c			

Objectives:

To develop their knowledge and understanding of the different types of fitness.

To develop their understanding and knowledge of the benefits of Circuit Training, and the types of fitness used in a Circuit.

To know and understand the strengths and weaknesses of circuit training

To develop their physical strength, stamina, speed and flexibility to enhance their performances

Activity	Description	Objectives	✓	Teaching Points	Evaluation / Performance	Differentiation and Creativity
Warm up	The pairs chosen last lesson lead the warm up	To be able to lead the group through heart raising exercises.		- listen to and follow instructions of those leading the warm-up	Observe pupils performances Q & A on benefits of warming up	⌚ Ask students how they could make warm up easy / harder / intense / relaxed
Circuit Training	Circuit Training - Including Shuttles Runs - Sit-ups / Star Jumps - Press-ups / Chest raises - Dips / Astride Jumps - Ski-sits / Step ups - Skipping	To develop their knowledge and understanding of the different types of fitness To develop their understanding and knowledge of the benefits of Circuit Training, and the types of fitness used in a Circuit. To learn the muscles that are used at each station. To know and understand the strengths and weaknesses of circuit training To develop their physical strength, stamina, speed and flexibility to enhance their performances		SIT-UPS - Pull in stomach - Hands by ears, not behind head - Knees bent SKI SITS - Start – straight posture and bend knees - Arms perform circular action ASTRIDE JUMPS - Bring legs up from either side of bench, onto it. STAR JUMPS - Abduct & Adduct legs and arms STEP-UPS - Place and lower feet alt. on bench and ground PRESS-UPS - Hands shoulder width apart - Straight back and lower / raise body DIPS - Arms on bench – fully extended Lower and raise body BENCH PRESS – Lie on back and raise weight up to arms length LEG CURLS – Both hamstring and quadriceps curls – do slowly	Pupils evaluate strengths and weaknesses of circuit training. Q & A : Why would an athlete use circuit training Q & A : What are the pro's and con's of circuit training Ask students in pairs for feedback regarding rest, stations, and lifestyle benefits	⬆ Increase work time ⬆ Decrease rest time ⬆ Increase rest time - RECORD SCORES AT EACH STATION IN DIARY (Allow pupils time) - TRY AND BEAT SCORES / PARTNER ⬆ Set goals and targets
Student led Cool Down	The 2 students chosen to lead the cool down do so.	To understand the importance of cooling down at the end of a session. To be able to lead a cool down		- listen to and follow instructions of those leading the cool down - complete exercises and stretches	Q & A on benefits of cool down	observes students ability to lead the cool down
Complete training diary.	Students fill in their training diary.	To be able to keep a record of physical activity.		- Complete Diary correctly, neatly and accurately - Use correct units, times and distances	Observe recording and entries	PICK STUDENTS TO DO NEXT LESSON'S WARM UP, STRETCHING AND COOL DOWN.

