

Objectives		Extra Information
<p><b>Lesson 1 –Parent/ Child Version.</b></p>	<p><b>Guidance</b> – This is a lesson plan that contains a work out which you can follow multiple times with your pupils. If they do not manage to complete the whole main task within the time you have on the first try this is okay; you can try again next time as they will have a clearer understanding of the task in front of them. You should however ensure they do complete the Warm Up section before the main task and the Stretch section after it to ensure they do not injure themselves.</p>	<p><b>Materials Required:</b></p> <ul style="list-style-type: none"> <li>✓ P.E. kit</li> <li>✓ Full water bottle</li> </ul>
<p><b>L.O:</b></p> <p>To follow a whole-body workout</p>	<p><b>WARM UP – Get Your Heart Ready (18 Minutes)</b></p> <p>Let your child know that today's P.E. lesson will take a different form to the P.E. lessons they are used of and they will need to understand how to carry out certain exercises properly in order to complete it successfully and that you will model this for them (choose from the list below all the exercises your child is unfamiliar with so you can provide a safe demonstration of at this stage).</p> <p><b>Exercises to demonstrate:</b></p> <ul style="list-style-type: none"> <li>✓ <b>Squats:</b> hands up in the air, back straight and bend your knees.</li> <li>✓ <b>Shoulder rolls:</b> make exaggerated circular motions with your shoulders.</li> <li>✓ <b>Mountain climber:</b> go down on your hands and feet as if to do a push up, then bring your legs up one after the other crossing your knees as you go.</li> <li>✓ <b>Burpees:</b> jump up in the air reaching to the sky, down to a squat and push your legs out whilst using your hands to support yourself.</li> <li>✓ <b>Sit ups:</b> lay on your back with your legs together and toes facing up, do not let your legs lift off the ground and sit up moving your hands forward to reach towards your toes.</li> <li>✓ <b>Press ups:</b> lay just above the ground supporting yourself with your hands at shoulder width and your toes together then push up with your arms before lowering yourself as close to the ground as you can without touching it - remind pupils if they are struggling they can do this exercise from their knees rather than their toes.</li> <li>✓ <b>Planks:</b> hold yourself in the press up position but supporting yourself with your whole forearms for the time required.</li> <li>✓ <b>Walk outs:</b> take the push up position with your arms stretched straight before walking your legs in then back out again whilst keeping your upper body in the same position.</li> </ul>	<p><b>Key Words:</b></p> <p>Squats Shoulder rolls Mountain climber Burpees Sit ups Press ups Planks Social Distancing COVID-19 Corona Virus</p> <p><b>Differentiation:</b></p> <p>Ensure your child knows they can take a break from this workout and join back in when they are ready if they become too tired to continue – but reinforce they should push themselves and try their hardest. Ensure they know that if they feel faint or sick, they should let you know immediately so you can stop and try again another time.</p>

## Objectives

Have your child follow your lead in the following three one-minute warm up tasks, give your child the opportunity to take a short break between each task (you should judge the length of this based on the visual feedback you are receiving from observing them as you exercise together):

### Task 1:

1. Star jumps for 15 seconds.
2. Jogging on the spot for 15 seconds. (Motivate your pupils to keep bringing their knees up high during this task)
3. Squat as low as you can for 15 seconds.
4. Jog on the spot and swing up your fists in an uppercut motion for 15 seconds.

### Task 2:

1. Place your arms out straight then jump from one foot to the other whilst moving your arms up and down for 15 seconds.
2. Put the back of your hands on your bum and jog on the spot bringing your heels up to your hands for 15 seconds.
3. Jump up and down landing with your knees bent for 15 seconds.
4. Jog on the spot and punch out straight for 15 seconds.

### Task 3:

1. Jump up and down twisting your hips from side to side for 15 seconds.
2. Twist your arms and swing them down to touch the opposite foot for 15 seconds.
3. Sprint on the spot for 15 seconds.
4. Punch up in the air like you are pounding dough on the ceiling for 15 seconds.

At the end of these three activities give your child the opportunity again to break and encourage them to sip their water at this point.

## Extra Information

### Links:

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>

### Traffic light expected lesson outcomes:

- ✓ I can follow tasks in a full body workout.
- ✓ I can follow tasking a full body workout and understand why it is important to exercise regularly at this time.

## Objectives

## Extra Information

### MAIN TEACHING – Why are we learning how to do a full workout? (12 minutes)

Explain to your child that today they are going to do a full workout. Remind them how important it is to ensure they keep their body active particularly during times of social distancing when they don't get the opportunity to move around as much as normal. Ask your child if they know what social distancing is – listen to their opinion then explain the official definition below to them (*this is taken from the government publication 'Guidance on social distancing for everyone in the UK' – updated 20th March 2020 by Public Health England and translated by a teacher with fully qualified U.K. public teacher status into a child friendly format for the purpose of this lesson. It is advised explicitly by the U.K. government in this document that "this guidance is for everyone, including children."*).

Social distancing is taking care as you go about your day to reduce your interactions with other people. It consists of six rules to follow that ensure we don't catch or help spread the virus COVID-19 (which we may have heard called Corona Virus); which is the reason why everyone in the U.K. has made changes to their daily routines. **These six elements are:**

- ① **Avoiding contact with anyone we see who may be infected with the virus.** A person who may be infected could have a high temperature; they may appear to look hot even though it is not summer time or the room they are in is not warm. They also could have a cough. These are the two most common and easy to spot signs someone may be sick. Reinforce this does not mean we should ever be rude to someone who may be sick we should just politely keep our distance from them and follow the guidance of our trusted adults.
- ② **Avoiding using buses, trains and other ways of getting around where many people who don't know each other are travelling together.** Ask pupils if they know what these types of transport are called? If they cannot give you the answer tell them we call these ways of getting around public transport.
- ③ **Staying at home when possible and not going to school.** If the pupils you are teaching are the children of key workers and are currently in school remind them of the important tasks their carers are carrying out. Reinforce that these jobs are very important and help everyone in the country stay safe and that this is why they are in school. Reassure them that you and any other teachers they have will ensure their safety whilst they are in school.

## Objectives

- ④ Avoiding places where groups of people gather together such as in parks and playgrounds. At this point stop and ask the pupils for examples of places where people gather together. Take ideas from around the class then stop and take this opportunity to ask pupils if they have any questions about what you have explained so far.
- ⑤ Avoiding meeting up with friends and family we don't live with and using other ways to keep in contact. Ask pupils what other ways we can keep in contact with our friends and family at this time. Take ideas from around the class.
- ⑥ Where possible using a telephone or the internet to contact doctors and carry out other important tasks. Reinforce that of course such things would be done by their parents but it is important everyone including young people understand what social distancing means and they should always feel free to discuss this with a teacher or trusted adult if they are worried in any way.
- ⑦ Staying at home when possible and not going to school.

Finally, reassure your child that these measures are temporary and that their learning and time at school will return to normal as soon as this is safe to do so.

### MAIN TASK – Flexibility and Strength. (25 minutes)

There are two sections to the workout your child will be carrying out mobility and a more classic exercise task. Each consist of a series of tasks and your child should take a short break between each section whilst being encouraged to sip their water. Where possible you should ensure you keep up the pace within the bounds of the visual feedback you are receiving from observing your child as you exercise together.

#### Mobility Task:

- 1 - Neck Stretching:** gently tilt the neck from side to side ten times. Follow this by gently turning your head left to right ten times.
- 2 - Shoulder Rolls:** make exaggerated circular motions with your shoulders going forwards ten times follow by the same again but going backwards ten times.

## Extra Information

## Objectives

**3 - Arms:** hold your arms out straight to the side and make big circles going forward ten times then back ten times. (Reinforce to the pupils the slower they make their circles the more difficult the exercise will be and the better for their fitness).

**4 - Wrists:** clasp your hands together and move your wrists in a figure of eight ten times.

**5 - Waist:** hold your arms out straight in front of you then swing from side to side fifteen times. Make sure you keep your arms floppy and move like a horizontal dab.

**6 - Hips:** put your hands on your hips like a superhero, then move your hips like you are doing the hula dance ten times clockwise then ten times anti-clockwise. Now move your hips side to side like you are doing a dance ten times. Finally, move your hips from front to back looking down at the floor as you move back and up at the sky as you move forward.

**7 - Legs:** swing your arms and one leg back to front like a professional football player ten times and then switch to the other leg and repeat ten times (do this exercise from a side angle so your pupils can see clearly).

**8 - Ankles:** spin each ankle round and round ten times one way then ten times the other way. Then stand on the tips of your toes and pretend you are floating before returning to a normal standing position and repeating ten times (do this exercise from a side angle so your pupils can see clearly).

**9 - Squats:** remind your pupils of the example earlier if necessary, then perform ten squats. Next bring your hands down one by one and touch the opposite foot ten times with each arm. Finally, hold your hands up straight in the air and reach down forward in front of you then move them between your legs and behind you before reaching as far up behind you as you can.

**10 - Walk outs:** walk out then bring your left leg back up towards your upper body then reach your left arm upwards behind you (put your foot back and walk back to stand up). Repeat this with your right leg and right arm.

Remember now is the time for your child to take a break and be encouraged to sip water. Remind them not to drink too much water as it may make them feel sick during the rest of the work out.

Ask them how they feel so far and listen to their feedback to judge how much they can be pushed as you continue through the lesson. Remember your child may not want to express they are struggling so look out for negative body language and facial expressions as you are asking this question.

## Extra Information

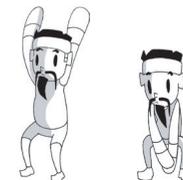
Waist



Legs



Squats



## Objectives

### Exercise Task:

- 1 - Mountain climber:** perform this exercise as described in the demonstration to your pupils for 15 seconds.
- 2 - Plank:** hold this as described in the demonstration to your pupils for 15 seconds.
- 3 - Press ups:** move up from the plank position into the press up position and perform press-ups for 15 seconds (remember if pupils are struggling with these, they can do them from their knees rather than their toes as necessary).
- 4 - Burpees:** perform this exercise as described in the demonstration to your pupils for 15 seconds.
- 5 - Sit ups:** perform this exercise as described in the demonstration to your pupils for 15 seconds.

Remember now is the time for your child to take a break and be encouraged to sip water. Remind them not to drink too much water as it may make them feel sick during the warm down exercises. Congratulate them for making it this far and remind them it's time to warm down after a hard exercise session.

Whilst they are taking a quick break and sipping their water discuss the importance of a warm up and warm down to a successful workout.

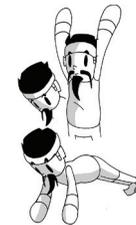
### WARM DOWN – The Wind Down Workout. (15 minutes)

This post workout warm down session consists of a list of tasks similar in structure to the main task but designed to stretch out the muscles your child has been working on through the rest of the lesson. It is vital this is completed properly so they do not suffer any post exercise injuries.

- 1. Leg stretches:** sit on the floor with one leg tucked up into your inner thigh the other
- 2. Stretched out:** Reach out for your toes, then do this with the other leg for 15 seconds on each leg (do this exercise from a side angle so your pupils can see clearly).
- 3. Butterflies:** still on the floor put the soles of your feet together with your back straight then bounce your knees gently for 15 seconds (do this exercise from a side angle so your pupils can see clearly).

## Extra Information

Burpees



Leg stretches



## Objectives

- 3. Toe grabs:** sit with your legs out straight in front whilst keeping your back straight up; now reach down to grab your toes and hold this for 15 seconds. (Let the pupils know if they cannot reach their toes they should reach out as far as they can as if they are aiming to reach their toes. Also tell them that if they practice this at home they will improve and be able to reach their toes given time).
- 4. Stretching cat:** move position on to your hands and knees then move your head towards the floor without touching it. Now, push your chest and head up high to the sky, just like a stretching cat for 15 seconds.
- 5. Starting line:** on your hands and feet in a sprint race starting position. Now slowly bring one ankle up then move the other down alternating the movement for 15 seconds.
- 6. Propose:** go down on one knee as if you were about to ask someone to marry you, put your hands on your hips and lean backwards. Do this with each leg holding the position for 15 seconds.
- 7. Cross arms:** stand up straight, bring one arm across your chest and pull it toward you. Hold this position pulling for 15 seconds with each arm.
- 8. Back scratch:** arms up in the air and bring one down as if you were trying to reach an itch in the middle of your back. Use your other arm to gently push the elbow of the arm you are 'itching your back' with down. Hold this position pushing gently down for 15 seconds with each arm (do this exercise facing away from your pupils at first so your pupils can see clearly).
- 9. Read a book:** stretch your arms out in front of you with your hands together like you are reading a book. Push your arms away for 15 seconds. Now move your arms as if you are turning the book so the writing is facing away from you. continue pushing the book away for another 15 seconds.
- 10. Tree in the breeze:** still with the book facing stretch your arms up high above your head then bring the down side to side like a tree in the breeze for 15 seconds (reinforce to pupils the slower they do this exercise the more effective it will be within reason).
- 11. Chop up the tree:** clasp your hands out straight in front of you then swing them side to side like you are chopping down a tree. Continue with this exercise for 15 seconds.
- 12. Timber:** bring your clasped hands down to your left foot and then to your right foot whilst keeping your legs straight for 15 seconds.
- 13. Monkey:** Dangle your knuckles to the floor and bounce your back, like a monkey who has just lost his banana tree, for 15 seconds.

## Extra Information

Stretching cat



Cross arms



Monkey





Reflection	Child's Progress