

Leeds Rhinos Foundation Lockdown KS2 Lesson Plan - Week 2

Circuits

Primary School PE – KS2 Full Body Movement Circuit				
PE Curriculum – Learning Outcome 1. Developing movements using full body		Equipment: - Timer (can be used on Phone/computer/tablet) - Music (of your choice) - Bottle of Water		
Risk Assessment/ Health and Safety: Inside - Clear the space in the living room/kitchen area and avoid hard surfaces or edges nearby. Outside - Clear the space around, avoid icy or slippery areas. Lay a yoga mat down if available.				
Session Theme: Circuit Training using full body movements				
Time	Lesson Part	Content	Technique	How to challenge yourself
5/10	Activity 1 -Prepare -Warm up round -Practice movements	-Practice the movements on the circuit sheet. -Set up timer and follow timings given. - Set up music if you wish too	- See techniques Provided on the circuit sheet.	- Set more rounds than provided. - Set longer time for movements. - Reduce rest time.
17	Activity 2 - Full Body movement Circuit	-Follow the Circuit Template provided	- Try as hard as you can to keep in with the timings. - Go as fast as you can on each movement.	- Try and use as much space as possible (does not have to be stationary) - Go faster than you did last round. - Try count your repetitions and beat your last score. - Challenge a family member or friend and compare score/ repetitions
5	Activity 3 - Reflection	- Which movement on the circuit was your favourite/ least favourite?	- You can either discuss or write down which bit was your favourite/ least favourite?	- What other movements would you add in or change?
10-20	Activity 4 -Create	- Create your own full body circuit	- Focus on using full body movements and set timings/rounds to be realistic.	-Make the drawing as detailed as possible.

Leeds Rhinos Foundation Lockdown KS2 Lesson Plan - Week 2

Circuits

Full Body Movement Circuit

7 movements, 30 seconds, 1-minute rest per round, 4 rounds

- **1 - Running on the Spot**

(Run as fast as you can on the spot for 30 seconds, try and bring your knees as high as possible)



- **2 - Star Jumps**

(Stand still and jump quickly into a star shape, pointing your arms as far out as possible)



- **3 - Dance**

(Select any dance you wish for 30 seconds, be as creative and move as much as you can)



- **4 - Burpees**

(Get yourself into a press up position then jump straight into the air as quick as possible)



- **5 - Stretch and Lean**

(Place your feet shoulder width apart then hold one arm up stretching as high as you can, lean to the opposite side of the arm that is up as far as possible then switch arms).



- **6 - Lying Bicycle**

(Lay on your back with your arms by your side, rotate your legs forward and backward in the air as if you are riding a bicycle)



- **7 - Random**

(Select a random movement of your choice to use, be as creative as you can)



- **Rest - 1-minute rest time**

(Have a few sips of water to keep hydrated and get yourself ready for the next round)



Leeds Rhinos Foundation Lockdown KS2 Lesson Plan - Week 2

Circuits

Full Body Movement Circuit - Create your own

Now Create your own full body circuit for you to challenge your friends and family to use. You can select however many movements, seconds, rest time and rounds you wish! Try to be as creative as you can and use your full body on the movements, also make the circuit as realistic as possible.

Draw diagrams in the boxes provided.

.... movements, seconds, minute rest per round, rounds

- 1) Movement
- Description
-

- 2) Movement
- Description
-

- 3) Movement
- Description
-

- 4) Movement
- Description
-

- 5) Movement
- Description
-

- 6) Movement
- Description
-

- 7) Movement
- Description
-

- 8) Movement
- Description

Leeds Rhinos Foundation Lockdown KS2 Lesson Plan - Week 2

Circuits

-
- 9) Movement
- Description
-

