

# Brough Primary School – Curriculum Intention Plan 2021 - 2022



<b>Subject: PE</b> <b>Year Group: 3/4</b>		<b>Area of learning: Boot Camp</b>	
Links to previous work/Remember when	The importance of, and reason for, warming up. Parts of the body. (Link to health.)		
<b>Term</b>	<b>Year B</b>	<b>Key Skills to be taught</b>	
<b>Spring 2022</b>  What the children should know at the end of this series of lessons		Experience some of the changes that occur to the body during exercise. Raise the heart rate.	

## Vocabulary

Running, heart rate, mobility, fitness

<b>Sequence of learning</b>	<b>Objectives and suggested details provided by subject leader.</b>
1	<p><b>Warm-up:</b>  <b>Numbers game</b>            Ask the children to move around the whole room, changing their action when the following numbers are called: 1 jog around the room, 2 jumping jacks, 3 sit down, 4 skip around the room. Ensure all children know the required moves. Vary the time between calling out the different numbers.</p> <p><b>Skills learning and development:</b>            Ask: Why do we need to be fit? Explain why personal fitness is important: it improves mobility in everyday life, improves the ability to concentrate and helps the body fight off illness. There are many ways to achieve personal fitness, including eating healthily and taking regular exercise. In year four you should be doing at least an hour of physical activity in a day.</p> <p><b>Application and practice:</b>            Play a range of games that raise the heart rate (see warm-up). With the children, discuss as the things that are happening to their bodies as they exercise.</p> <p><b>Stuck in the mud</b>            Choose two children to be catchers while the other children run around the room, changing direction and taking care not to bump into others. If caught, the runners should stand in a star shape; to re-enter the game, another child must set them free by running</p>

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	<p>under their arms.</p> <p><b>Tails</b> Give each child a bib to tuck into the back of their shorts so that they are visible. Challenge the children to steal as many bibs as possible until all the bibs have been stolen. Repeat this activity several times.</p> <p><b>Chain tag</b> Appoint two children as catchers; their aim is to catch other by tagging them. When caught, the children join hands and catch as pair and try to catch more people until they have a chain of four. They then break off into pairs and start again.</p> <p>Ask: Can you run really fast on the spot for 10 seconds? Can you repeat this five times? Where is your heart? Put your hand on it. Can you feel it beating? How is it beating?</p>
2	<p><b>Warm-up:</b></p> <p><b>Numbers game</b> Ask the children to move around the whole room, changing their action when the following numbers are called: 1 Jog around the room; 2 Jumping jacks; 3 Sit down; 4 Bend down, touch the floor and jump up. Ensure all children know the required moves. Vary the time between calling out the different numbers. Ask: What has happened to your heart rate? Put your hand on your heart. Can you feel what is happening?</p> <p><b>Skills learning and development:</b> Introduce the exercises that the children are going to do in a circuit. Explain that a circuit is a variety of exercises that are completed one after the other, allowing individuals to work at their own pace. Usually the aim is to improve aerobic fitness and strength. Model the circuit.</p> <ul style="list-style-type: none"> <li>• Spotty dogs (legs and heart)</li> <li>• Tricep dips (arms)</li> <li>• Plank (abdominals)</li> <li>• Bench star jumps (legs, stamina)</li> <li>• Burpees (legs, arms and heart)</li> <li>• Skipping (legs, heart and arms)</li> <li>• Running squats (arms, legs and heart)</li> </ul> <p>Try all the exercises as a class. Help the children with the correct technique or ask them to pair up and help each other, giving feedback on how well they are doing the exercise. Talk about the reason for doing each one, and which parts of the body are being used each time. Ask: How do you feel after that exercise? Touch the muscles you used. (Link to health.) Do you feel hot?</p> <p><b>Application and practice:</b> In pairs, encourage the children to perform each of the activities 10 times and then give feedback on each other's performances.</p>

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	Ask the children to walk around the room, change direction and, on a clap, sit down, take a few deep breaths and return to walking.
3	<p><b>Warm-up:</b>  <b>Dishes and domes</b>            Place 30 cones randomly around the room. Split the class into two teams and line them up opposite each other at the edges of the room, facing the cones. The object of the game is for each team to turn the cones either upside down (to form dishes) or the right way up (to form domes). Task one team to turn the cones upside down and the other team to turn them up the right way. After one minute, count the number of dishes and domes to see which team wins. Play the best of three games, and alternate the teams' tasks. This game really raises the heart rate and gets the children running around.</p> <p><b>Skills learning and development:</b>            Set up stations for the circuit, with a picture or card at each station. (This could be done before, or as the children are warming up.)            Recap on the correct technique for each activity, with the whole class performing it together. Explain how the circuit will work. In pairs, ask the children to work for 30 seconds – one works, one counts and they then swap over. Ask each child to record their score.</p> <p><b>Application and practice:</b>            The circuit should be completed clockwise, in pairs. Continue until all the children have done each activity. The aim of the circuit-based fitness units in Champions is to improve on the same circuit throughout the half term. Feel free to choose your own station activities.</p> <ul style="list-style-type: none"> <li>• Spotty dogs (legs and heart)</li> <li>• Tricep dips (arms)</li> <li>• Plank (abdominals)</li> <li>• Bench star jumps (legs, stamina)</li> <li>• Burpees (legs, arms and heart)</li> <li>• Skipping (legs, heart and arms)</li> <li>• Running squats (arms, legs and heart)</li> </ul> As they are performing, their partner can be counting and recording.
4	<p><b>Warm-up:</b>  <b>Tails</b>            Give each child a bib to tuck into the back of their shorts so that they are visible. Challenge the children to steal as many bibs as possible until all the bibs have been stolen. Repeat this activity several times.</p> <p><b>Skills learning and development:</b>            Set up stations for the circuit, with a picture or card at each station. (This could be done before, or as the children are warming up.)            Ask the children to pair up again and recall their scores</p>

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	<p>from Lesson 3. In their pairs, they should explain how they are going to challenge themselves in this lesson, setting a new target in some activities. Select some children to model each activity, to demonstrate understanding.</p> <p><b>Application and practice:</b> In pairs, the children should work for 30 seconds or one minute, depending on the class – one works, one counts and they then swap over. Ask the children to record their score.</p> <p>The circuit should be completed clockwise, in pairs. Continue until all the children have done each activity.</p> <ul style="list-style-type: none"> <li>• Spotty dogs (legs and heart)</li> <li>• Tricep dips (arms)</li> <li>• Plank (abdominals)</li> <li>• Bench star jumps (legs, stamina)</li> <li>• Burpees (legs, arms and heart)</li> <li>• Skipping (legs, heart and arms)</li> <li>• Running squats (arms, legs and heart)</li> </ul> <p>Ask the children to walk around the room with their partner and discuss whether they have improved their scores, and why they think this is the case.</p>
5	<p><b>Warm-up:</b> <b>Numbers game</b> Ask the children to move around the whole room, changing their action when the following numbers are called.</p> <ul style="list-style-type: none"> <li>1 – Jog around the room.</li> <li>2 – Jumping jacks.</li> <li>3 – Sit down.</li> <li>4 – Skip around the room.</li> </ul> <p>Ensure all children know the required moves. Vary the time between calling out the different numbers.</p> <p><b>Skills learning and development:</b> Set up stations for the circuit, with a picture or card at each station. (This could be done before, or as the children are warming up.) Ask the children to demonstrate the correct technique for each station.</p> <p>Ask the children to pair up again and recall their scores from Lesson 4. In their pairs, they should explain how they are going to challenge themselves in this lesson, setting a new target in some activities.</p> <p><b>Application and practice:</b> In pairs, the children should work for 30 seconds or one minute, depending on the class – one works, one counts and they then swap over. The children should record their scores.</p> <p>The circuit should be completed clockwise, in pairs. Continue until all the children have done each activity.</p> <ul style="list-style-type: none"> <li>• Spotty dogs (legs and heart)</li> </ul>

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	<ul style="list-style-type: none"> <li>• Tricep dips (arms)</li> <li>• Plank (abdominals)</li> <li>• Bench star jumps (legs, stamina)</li> <li>• Burpees (legs, arms and heart)</li> <li>• Skipping (legs, heart and arms)</li> <li>• Running squats (arms, legs and heart)</li> </ul> <p>Ask the children to walk around the room with their partner and discuss whether they have improved their scores, and why they think this is the case.</p>
6	<p><b>Warm-up:</b> <b>Follow the leader</b> In pairs, one child should follow their partner around the room, staying close together. The leader should vary the method of travel (e.g. with heel flicks, side steps, jogging, etc.). Change the leader and direction of travel regularly After the activity, ask the children to feel their heart beating. Count how many beats it makes in 10 seconds.</p> <p><b>Skills learning and development:</b> Set up stations for the circuit, with a picture or card at each station. (This could be done before, or as the children are warming up.) Recap on the correct technique for each activity and ask the children to demonstrate. Ask the children to pair up again, perhaps with a different partner, and check their scores from Lesson 4. In their pairs, they should explain how they are going to challenge themselves in this lesson, setting a new target in some activities.</p> <p><b>Application and practice:</b> In pairs, the children should work for 30 seconds or one minute, depending on the class – one works, one counts and they then swap over. Record your score in your book. The circuit should be completed clockwise, in pairs. Continue until all the children have done each activity.</p> <ul style="list-style-type: none"> <li>• Spotty dogs (legs and heart)</li> <li>• Tricep dips (arms)</li> <li>• Plank (abdominals)</li> <li>• Bench star jumps (legs, stamina)</li> <li>• Burpees (legs, arms and heart)</li> <li>• Skipping (legs, heart and arms)</li> <li>• Running squats (arms, legs and heart)</li> </ul> <p>Ask the children to walk around the room with their partner and discuss whether they have improved their scores, and why they think this is the case.</p>

<b>Learning Outcome/product</b>	
<ul style="list-style-type: none"> <li>• Experience some of the changes that occur to the body during exercise.</li> </ul>	

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- Raise the heart rate.

<b>Assessment records</b>	<b>List only those children who have not achieved the expected outcomes.</b>

<b>Assessment records</b>	<b>List only those children who have exceeded the expected outcomes.</b>

<b>End of unit assessment question</b>