

Subject: Physical Education	Topic: Components of Fitness- Balance	Year: Ks3	Date: 27/4/20	Week: 2
Learning Activities			Communication	Supporting Sites
<p>Topic: Components of Fitness- Balance What do you want students to know?</p> <ol style="list-style-type: none"> 1. How to exercise and keep fit safely at home 2. Relate exercises to a specific area of fitness – in this case – Skill related component of fitness- Balance 3. 5 Exercises that can be done at home <p>What do you want them to produce to demonstrate learning?</p> <ol style="list-style-type: none"> 1. Practice the 5 exercises every daily (along with other components of fitness exercises previously attempted) 2. Record daily results in writing or video diary to track progress 3. Think of some more ways you could change/add new exercises to make it easier or more difficult – depending on your level of fitness. <p>Week 1 Learning Objective Activity 1: The V-sit ab exercise (hold for 30 seconds and repeat 3 times) Builds core strength by working multiple areas of the core at the same time, while also challenging your balance. In this exercise, you sit with legs extended and torso off the ground, your body forming a V shape. To start with use a bit of assistance from your hands, or do it with bent legs and the progress to a full V sit if you can!</p> <p>Activity 2: Single leg balance (hold for 30 seconds and repeat 3 times on each leg) Stand upright with your feet together. Remain safe while performing the test; have a stable object like a chair or kitchen counter nearby so you can hold onto it if you start to feel unsteady. Lift one foot off the ground. Watch a clock to see how many seconds you are able to stand on one foot- if you can do more than 30 seconds record this number!</p>			<p>Key Vocabulary Try to find out the meaning/definition/any interesting facts about:</p> <p>Balance; centre of gravity; sets and reps; Muscles involved- Quadriceps, Hamstrings, Gastrocnemius, Gluteus Maximus, abdominals</p> <p>What do you want them to do with these? Complete each exercise daily if possible – increasing time and repetitions if possible</p> <p>These must be performed safely as instructed.</p> <p>Remember key vocabulary – Names of exercises and other subject specific key word (see key vocab).</p>	<p>Resources Needed:</p> <p>Comfortable clothing/sports wear</p> <p>Inside or outside space</p> <p>Stop watch/timer on phone</p> <p>Mat</p>

Activity 3: Side plank (hold for 30 seconds)

Lay on your side with your forearm flat on the floor, with the bottom elbow lined up directly under your shoulder and both legs extended out in a long line. Feet can either be staggered for more stability, or stacked for more of a challenge. Engage your core and lift your hips off the floor, forming a straight line from your head to your feet.

Activity 4: Tight rope (Repeat for 20 steps, alternating legs)

Raise arms to sides, shoulder height. Choose a spot ahead of you and focus on it to keep you steady as you walk. Walk in a straight line with one foot in front of the other.

Activity 5: Skaters (Repeat for 12 reps on each side)

Start with feet hip-width apart with weight slightly on right leg. Push off right leg to jump laterally over onto left leg and hold for 2 seconds. Push off your left leg to jump laterally over onto the right leg and hold for 2 seconds.

What would you like them to read?

N/A

Eg. Activity 1- V SIT



Eg. Activity 2- SINGLE LEG BALANCE



Activity 3- **SIDE PLANK**



Activity 4- **TIGHT ROPE**



Activity 5- **SKATERS**

