

Subject: Physical Education	Topic: Components of Fitness- MUSCULAR STRENGTH	Year: Ks3	Date: 22/6/20	Week: 9
Learning Activities			Communication	Supporting Sites
<p>Topic: Components of Fitness- FLEXIBILITY What do you want students to know?</p> <ol style="list-style-type: none"> How to exercise and keep fit safely at home Relate exercises to a specific area of fitness – in this case – MUSCULAR STRENGTH A range of 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"> Practice the exercises daily and try to improve. Video record/keep a diary charting progress Think of some ways you could change/add new exercises to make it easier or more difficult – depending on your level of fitness. <p>ACTIVITIES Always stretch before you start and hold each stretch for 30 seconds, use the examples from the FLEXIBILITY sessions for week 7 or try to remember what you did in your PE lessons. Muscular Strength – REPS – between 6 minimum and 15 maximum; SETS – 1 minimum up to 3 maximum.</p> <ol style="list-style-type: none"> SQUATS – muscles used – Quadriceps (Thighs) and Hamstrings (back of your upper leg) Stand with feet shoulder width apart; Arms either straight out in front (parallel with the ground) or behind the head; Push hips back and bend the knees; Look straight ahead, chest up and back flat; Squat as low as you are able to comfortably – about 90 degrees is good for most; Drive through your heels back to the start (upright) position. PRESS UPS – muscles used – Pectorals (Chest); Deltoids (Shoulders); Triceps (back of upper arm). Lie on your front hands slightly wider than shoulder width apart, arm locked straight; legs out behind on your toes; back flat; Lower upper body by bending your elbows until chest is just above the ground (1 to 2 cm); Raise back to start position – elbows locked; Elbows should always stay close to your sides to protect your shoulders. *If you can't do a regular press up, modify by leaving your knees on the floor and crossing your 			<p>WHAT DO YOU WANT THEM TO PRACTICE? HOW?</p> <ol style="list-style-type: none"> Complete each exercise daily as outlined in the ACTIVITIES section – hopefully increasing the sets and reps on a daily basis throughout the 1 week block as recommended. These must be performed strictly and safely as instructed. Remember key vocabulary – Names of exercises, names of muscles used, other subject specific key word (see key vocab at the end). <p>WHAT CAN THEY TEACH TO SOMEONE ELSE? HOW?</p> <ol style="list-style-type: none"> Teach all 5 exercises to someone else in your household – you model – they copy. 	<p>Resources Needed:</p> <p>Comfortable clothing/sports wear Chair/sofa or equivalent – ensure it is stable and can take your weight Inside or outside space</p> <p>CURRICULUM LINKS: This is linked to the PERSONAL FITNESS strand of the PE Curriculum</p> <p>KEY VOCAB: Try to find out the meaning/definition/any interesting facts about: Why is Muscular Strength important? What sports need muscular strength and why? Does it depend on the type of sport or position played? Muscular Strength; Triceps; Quadriceps; Abdominals; Hamstrings; Deltoids; Core Strength; Pectorals; Warm Up; Cool Down; Gluteus Maximus; Latissimus Dorsi</p> <p>SUPPORTING SITES/FURTHER READING: NB – There are probably</p>

<p>ankles above floor level – then do same movement as a regular press up.</p> <p>3. CRUNCHES – muscles used – Abdominals (Stomach muscles); Core Strength Lie on your back on the floor (on a mat or carpet preferably); Bend your knees so your feet are flat on the floor; Cross your arms in front of your chest; Lift your shoulders off the floor towards the ceiling; Pause at the peak (high point) of the movement (count to 2 if possible); NB DON'T LIFT ENTIRE BACK OFF THE FLOOR; Let your breath out (exhale) on the way up; Take your breath in (inhale) on the way down; Don't flop back into the start/rest position – try to control it!</p> <p>4. LUNGES (Walking or Static – depending on how much room you have)- muscles used – Quadriceps (Thighs) From a standing position take a large stride forward; Bend knee to 90 degrees (hamstring parallel with the floor); Keep your knee over your ankle and your shoulders over your hips; Take another step with the opposite leg and repeat; Remember however many Sets/Reps you do for one leg, you must do for the other!</p> <p>5. TRICEP DIPS – muscles used – Triceps (back of upper arm) Sit at the edge of a STABLE chair/sofa etc; Place your hands by your hips with your knuckles pointing forward; Legs out in front, bent (approx 90 degrees), with feet flat on the floor; Bend elbows to a right angle (90 Degrees), lowering your Glutes/Gluteus Maximus (bottom!) towards the floor; Pause and count to 2 if possible and return to start position – elbows locked – and repeat.</p> <p>Cool down properly (remember your PE lessons), refresh and change clothing.</p>	<p>2. Teach the key vocab – test on words/definitions/information etc – verbal or written.</p> <p>3. Make the exercises competitive with others in the household and the Key vocab tests. Keep daily/weekly scores.</p>	<p>many videos (You Tube etc) and/or pictures on the internet to help support the descriptions given. Just type in the exercise name and select from the vast array of sites/information on offer – have a look at a few and choose the one you prefer to support your workout.</p> <p>Good Luck – Stay Healthy; Stay Fit; Stay Safe.</p> <p>President Kennedy School PE Department</p>
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SQUATS – The ‘King of exercises’



Press Up



Crunches



Lunges

Tricep Dips

