

<b>Subject: Physical Education</b>	<b>Topic: Components of Fitness-Challenges!</b>	<b>Year: KS3</b>	<b>Date: 13/7/20</b>	<b>Week: 12</b>
<b>Learning Activities</b>			<b>Communication</b>	<b>Supporting Sites</b>
<p><b>Topic: Components of Fitness- Challenge week</b></p> <p><b>What do you want students to know?</b></p> <ol style="list-style-type: none"> <li>1. How to exercise and keep fit safely at home</li> <li>2. Relate Challenges to a specific area of fitness</li> <li>3. 5 challenges that can be done at home</li> </ol> <p><b>What do you want them to produce to demonstrate learning?</b></p> <ol style="list-style-type: none"> <li>1. Complete the 5 challenges (repeat them as many times as you like to try and beat your previous score!)</li> <li>2. Record results in writing or video diary to track progress</li> <li>3. Think of some more ways you could change/add to the challenges to make it easier or more difficult – depending on your level of fitness.</li> </ol> <p><i>Please remember to warm up and stay hydrated! It's getting hot!</i></p> <p><b>Challenge 1: Around the World!</b>  How many times can you pass the ball around your waist in 60 seconds? If you drop the ball you need to pick it up quickly and carry on. If you don't have a ball use a toilet roll or a soft object.  <b>Achieve Gold -50 Times around your waist.</b>  <b>Achieve Silver- 40 Times around your waist.</b>  <b>Achieve Bronze -30 Times around your waist.</b>  <b>What components of fitness do we need to complete this challenge???</b></p> <p><b>Activity 2: Figure of 8!</b>  How many times can you pass a ball through both of your legs in 60 seconds? If you drop the ball you need to pick it up quickly and carry on. If you don't have a ball use a toilet roll or a soft object.  <b>Achieve Gold- 35 times through your legs</b>  <b>Achieve Silver -25 times through your legs</b>  <b>Achieve Bronze-15 times through your legs</b>  <b>What components of fitness do we need to complete this challenge???</b></p>			<p><b>Key Vocabulary</b></p> <p>Agility  Balance  Speed  Reaction time  Power  Coordination</p> <p>Try to match up the most appropriate components of fitness with the challenges!</p> <p><b>What do you want them to do with these?</b>  Complete each challenge! If you get more than gold let us know!</p> <p>These must be performed safely as instructed.</p> <p>Remember key vocabulary –  Names of components of fitness</p>	<p><b>Resources Needed:</b></p> <p>Comfortable clothing/sports wear</p> <p>Inside or outside space</p> <p>Stop watch/timer on phone</p> <p>Mat/soft surface</p> <p>Chair/bench</p> <p>A ball/soft item</p>

### **Activity 3: Star jumps!**

How many star jumps can you complete in 60 seconds? Make sure you clap your hands above your head and bring your feet together.

**Achieve Gold- 60 Star Jumps**

**Achieve Silver -45 Star Jumps**

**Achieve Bronze -30 Star Jumps**

**What components of fitness do we need to complete this challenge???**

### **Activity 4: Tuck in!**

Sit on a chair, how many times can you tuck your legs up to your chest and then extend them out in 60 seconds? Bring your legs up to your chest and then fully extend them out.

**Achieve Gold- 15 Tucks**

**Achieve Silver -10 Tucks**

**Achieve Bronze -5 Tucks**

**What components of fitness do we need to complete this challenge???**

### **Activity 5: Fast feet!**

How many times can you dribble a ball around a marker and back in 60 seconds? Place down a starting marker and then a second marker 5 steps away. Each time you dribble the ball around the marker and back you score 1 point.

**Achieve Gold- 24 Dribbles**

**Achieve Silver -18 Dribbles**

**Achieve Bronze -12 Dribbles**

If you don't have a ball use a toilet roll or a soft object to throw up in the air instead of dribbling.

**What components of fitness do we need to complete this challenge???**

Activity 1- Around the world



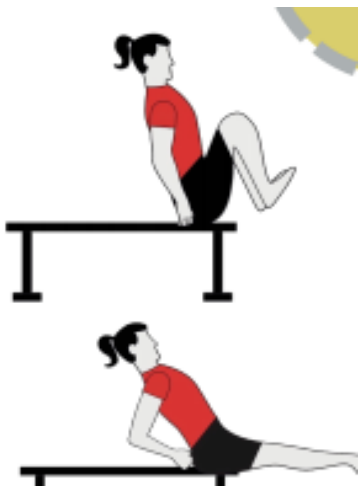
Activity 2- Figure of 8



Activity 3- Star jumps



Activity 4- Tucks



Activity 5- Fast feet

