

YEAR	Week 1 and Learning objectives	Equipment/Timing	Activity
Reception, Year 1, and Year 2	<p>Fun Fitness circuit</p> <p>Objectives: -</p> <ul style="list-style-type: none"> - It should Raise heart rate - It should make us breath heavy as we worked super hard - Try my hardest through all the activities <p>Can make the activity themed e.g., pirate ship. Hold a plank = walk the plank, side to side shuttles = scrub the deck etc</p>	<p>NO EQUIPMENT NEEDED JUST LOTS OF SPACE</p> <p>30 Seconds of work followed by 30 seconds of rest for 5 exercises three times through.</p> <p>Total time approx. 15/20 minutes after warm up</p>	<p>Warm up – jogging 3 different ways – High knees/straight legs/heel flicks 30 seconds each (can child give you the different ways)</p> <p>Circuit</p> <ol style="list-style-type: none"> 1- Rebound jumps – Glue feet together and jump up and down without stopping. Using two feet at all times. <i>Can you control your body? Try your best at the activity</i> 2- Hold a plank shape– Hands and feet on floor, back flat (bum not stuck in air) squeeze tummy. <i>Can you hold your plank shape? Try your best at the activity</i> 3- Side to side shuttles – Keeping body facing forwards take 3 steps to the side and touch floor then 3 steps the other way and touch floor then repeat. <i>How many can you do? Try your best at the activity</i> 4- Star jumps – Jump arms and legs out then back in then repeat. <i>Can you smile every single jump? Try your best at the activity</i> 5- Jumping Squats – Start with feet apart. Bend knees until hips inline with knees then jump upwards creating the biggest jump possible. <i>How high can you jump? Try your best at the activity</i>