



For The Teacher

Lower Primary Years 1 & 2

Week 1

Title **Fitness Circuit**

Theme **Understanding Physical Fitness**

Overview

Students will participate in a variety of activities as part of a fitness circuit.

They will be exposed to three of the four main components of fitness: strength; heart & lung endurance; and flexibility.

Time required

40 minutes

Preparation

Choose two activities from each fitness category provided in this lesson's background information to create a circuit with six exercise stations.

Collect all relevant equipment and prepare the area.

It may be useful to draw stick figure diagrams explaining the chosen activities for each station.

Students will be reminded of the need to drink water regularly while involved in physical activity and to be SunSmart.

Background information and discussion points

Physical fitness is a general state of good health, resulting from regular physical activity and a healthy diet.

Three main components to physical fitness are:

- *Heart and Lung (Cardiovascular) Endurance* which is the sustained ability of the heart, lungs and blood vessels to carry oxygen to the working muscles of the body while carrying away waste products (carbon dioxide and lactic acid) during increased physical activity. Fast walking, running, swimming and riding a bike are the simplest ways to increase and improve cardiovascular endurance.

In simple terms this relates to how long you can maintain a physical activity before you get really tired and need to stop.





- *Strength* is the ability of the body to move (push or pull) heavy objects. Lifting heavy objects in weight training, riding up a hill or performing gymnastic holds or movements enhances strength.

In simple terms this relates to how hard and fast you can use your muscles to either move quickly or move heavy objects.

- *Flexibility* is the ability to bend and stretch into different bodily positions. Yoga or stretching exercises improve flexibility.

In simple terms flexibility is how far you can stretch your muscles within your body.

The fourth main fitness component, muscular endurance, will not be covered in this lesson.

Fitness component	Examples of how sportspeople exhibit these components
Heart and Lung (Cardiovascular) Endurance	<ul style="list-style-type: none"> - Ruckmen, ruck rovers, rovers and midfielders in AFL following the football around the ground for the duration of the game - Netball players sprinting, jogging and performing dodging movements as part of their playing positions. Endurance is particularly important for the specialist positions of Centre, Goal Attack and Goal Defence. - Middle to long distance runners/swimmers/cyclists - Basketball players continually running up/down court
Strength	<ul style="list-style-type: none"> - Tackling an opponent in AFL when they have possession of the ball - Netballers contesting for the ball - Sprinters in swimming/athletics/cycling/rowing - Gymnasts or field athletes such as throwers, weightlifters - Judo players and wrestlers
Flexibility	<ul style="list-style-type: none"> - Bending at the waist and knees to pick up a football from the ground - Netballers lunging to receive a pass at full stretch - Gymnasts - Springboard and high tower divers - Hurdlers

Activity choices for fitness circuit:

Strength

1. Monkey Bars – Students reach and swing from one grip to the next until they reach the other side.
2. Push-ups – Use the ½ push-up position where knees and toes are on the ground. Try to complete 5-10 push ups at a time, resting for one minute and then repeating.
3. Vertical Jumps – Students jump up and reach into the air as high as they can for 5-10 jumps. Rest one minute and then repeat.





Heart & Lung Endurance

1. Students use a skipping rope continuously for 1-2 minutes. They can mix up different skipping styles and speeds for variation.
2. Have a relay race where the group is divided into two. The sub-groups stand 30 metres apart and each student runs to the opposite end where the next student is tagged on the hand and then runs back. There needs to be a minimum of 3 students in a group to perform this activity.
3. Students perform 5-10 star-jumps and then run to a marker or landmark about 20-30 metres away, walk back and then repeat (for a total of three minutes).

Flexibility

All stretches will be held for 20 seconds. Use a method of counting such as one (one thousand), two (one thousand), three (one thousand) and so on to ensure that the children don't count too fast.

1. Sitting on the ground with feet together and legs straight, students slowly stretch forward as far as they can, aiming to touch their toes. Hold for a slow count to 20.
2. Thigh stretch – standing on one leg, grasp the foot of the other leg and keep your knee pointing down. Pull up with light pressure. Repeat with the other leg. Hold this position for a count of 20 then relax by straightening the knee. (Some students may need to hold a fence or railing with their opposite hand, for extra balance.) Repeat with the opposite leg.
3. Arm and shoulder stretch - Interlock fingers of both hands together and reach above the head with arms straight and palms facing the sky.
4. Place hand on hips and rotate hips in a circular movement. Feet remain fixed on the floor. Repeat, rotating hips in the opposite direction.

Support materials and references

For Kids

- 1Seven article: [What is Physical Fitness?](#)
- 1Seven article: [Need for Speed](#)
- 1Seven article: [Skip it](#)

For Teachers & Parents

- 1Seven article: [Should Children Lift Weights](#)
- 1Seven article: [Schools Crucial For Keeping Kids On The Move](#)

[Click Here](#) for Stretching resource

AFL Sport Education
[The AFL Sport Education Manual](#)

SunSmart Schools
http://www.sunsmart.com.au/protecting_others/at_school





Thinking strategies

Bloom's Taxonomy

Remember	Understand	Apply	Analyse	Create	Evaluate
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Gardner's Multiple Intelligences

Verbal/ Linguistic	Bodily/ Kinesthetic	Musical	Logical/ Mathematical	Interpersonal	Visual/Spatial	Intrapersonal	Naturalist
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Edward De Bono's Six Thinking Hats

White Hat Information	Red Hat Feelings	Black Hat Judgement	Yellow Hat Benefits	Blue Hat Thinking	Green Hat Creativity
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Student learning tasks

- Warm up activity – Jungle Run
Students imagine that they are running through the jungle. They will encounter many different animals and situations. The teacher calls out various instructions such as:
 - Jump over fallen trees
 - Run through quick sand
 - Talk to monkeys
 - Tip toe past a snake or crocodile
 - Duck under branches
- Divide the class into six groups and assign each group a station.
- Allow three minutes per station and rotate until each group has completed the circuit. One minute rest between stations is advised to aid in recovery.
- Facilitate a class discussion about how each activity increased individual fitness levels. For example swinging from one grip to the other on the monkey bars develops your upper body strength, etc.