

With
Progress
Tracker

Lesson Planner

Resource for teachers

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“ The children really engage with the equipment, they have fun using it and whilst doing this they are improving their health, fitness and gross motor skills. ”

Sam Britton Business Lead for the Federation of Lightwater Schools



Children's Cardio Combi is a combination of an Air Walker and an Air Skier. They will be referred to individually throughout the guide.

Setting the Pace

Warm Up – Traffic Lights

- ✓ The class is told to walk in a circle within a given area.
- ✓ The teacher then gives the rules, these being:
 - Red light** – stop
 - Green light** – go
 - Gear 1/2/3** – walk, jog, run
- ✓ Next, start the game and call out the various commands, the children reacting accordingly.

Main Activity

1. Split the children into pairs, position each pair at a piece of equipment (2 pairs at double pieces of equipment).
2. Initially 1 child from each pair should use the equipment at a comfortable regular pace for 3–5 minutes before moving onto the weekly challenge (see table below).
3. Then ask the children to swap with their partner and repeat step 2 giving both children a turn before moving to the next piece of gym equipment or activity station.

Equipment	Challenge – Child 1 How many can you do in 1 minute?	Challenge – Child 2 Count and record how many times your partner...
Double Air Walker	Strides	Strides in 1 minute
Air Skier	Swings	Swings in 1 minute
Children's Rower	Rows	Rows in 1 minute
Arm & Pedal Bike	Turns	Turns in 1 minute
Double Cross Country Skier	Skis	Skis in 1 minute
Elliptical Cross Trainer	Turns	Turns in 1 minute
Hip Twister	Twists	Twists in 1 minute
Rider	Strokes	Strokes in 1 minute
Seated Leg Press	Presses	Presses in 1 minute
T'ai Chi Spinners	Turns	Turns in 1 minute

If you are teaching with larger classes, while half the class use the equipment, use the following suggested activity stations for complimentary exercises.

- ✓ Star jumps.
- ✓ Skipping in a large circle, changing direction sporadically.
- ✓ Throwing a beanbag in the sky and clapping as many times as possible, repeat and try to clap more!

Cool Down – Shake it off

- ✓ Gently shake 1 arm, then the other. Shake 1 leg, then the other. Shake your hips side to side and then gently shake your whole body.
- ✓ Slowly take a deep breath in through the nose and out through the mouth. Repeat 3 times.
- ✓ Wrap arms around shoulders and give yourselves a big hug.

Matching Movements



Warm Up – Opposites Game

- ✓ The children start by walking around in a big circle
- ✓ The teacher calls the following and the children respond:
 - Go** – children must stop still.
 - Stop** – children must move around the space either walking or running.
 - Up** – children must sit, crouch or lay down.
 - Down** – children must stretch up to the ceiling.

Main Activity

1. Split the children into pairs, position each pair at a piece of equipment (2 pairs at double pieces of equipment).
2. Initially 1 child from each pair should use the equipment at a comfortable regular pace for 3–5 minutes before moving onto the weekly challenge (see table below).
3. Then ask the children to swap with their partner and repeat step 2 giving both children a turn before moving to the next piece of gym equipment or activity station.

Equipment	Challenge – Child 1	Challenge – Child 2
Double Air Walker	Working with 1 child from the other pair, try to match each others movements, mirroring strides	Help your partner by calling faster, slower etc.
Air Skier	Working with 1 child from the other pair, try to match each others movements, mirroring swings from side to side	Help your partner by calling faster, slower etc
Children’s Rower	Listen to your partner and row faster or slower depending on your instructions	Call instructions to your partner – faster, slower, higher
Arm & Pedal Bike	Use your arms only on the pedal bike and follow your partners instructions	Call instructions to your partner e.g. faster, slower, forwards, backwards
Double Cross Country Skier	Working with 1 child from the other pair, start moving your legs and build a rhythm of movement between you	Help you partner by calling ‘forwards, backwards’ helping them to keep in time
Elliptical Cross Trainer	Holding the handles just for stability, use your legs to power the machine	Count the number of turns and encourage you partner to do more!
Hip Twister	Working with 1 child from the other pair, try to twist at the same time, in the same direction	Call instructions to your partner e.g. left, right, faster, slower
Rider	Listen to your partner and move faster or slower depending on your instructions	Call out instructions to your partner to get them move ‘faster’ ‘slower’ ‘higher’ etc
Seated Leg Press	Working with 1 child from the other pair, try to mirror each other	Take turns to offer instructions to your partner e.g. in, out, faster, slow etc
T’ai Chi Spinners	Working with 1 child from the other pair, try turning the plates with both hands in the same direction as they do	Call instructions to your partner e.g. clockwise, anticlockwise, faster, slower

If you are teaching with larger classes, while half the class use the equipment, use the following suggested activity stations for complimentary exercises.

- ✓ Skaters.
- ✓ Hop around in a large circle, then change direction and change legs.
- ✓ Throw a beanbag up and backwards over your head and try to catch it behind you – keep trying until you catch it, then try to throw it higher!

Cool Down – Marching on the Spot

- ✓ March slowly on the spot, keeping knees low and gently swinging the arms for 15 counts.
- ✓ Slowly take a deep breath in through the nose and out through the mouth. Repeat 3 times.
- ✓ Wrap arms around shoulders and give yourselves a big hug.

Super Speedy



Warm Up – Atoms

- ✓ The children start by running around a given area in different directions.
- ✓ The teacher calls ‘atom’ and a number.
- ✓ The children must huddle into groups of that exact number.
- ✓ Those that are out, jog around the outside of the class in a big circle while the remaining children repeat the game, making atoms of various sizes.

Main Activity

1. Split the children into pairs, position each pair at a piece of equipment (2 pairs at double pieces of equipment).
2. Initially 1 child from each pair should use the equipment at a comfortable regular pace for 3–5 minutes before moving onto the weekly challenge (see table below).
3. Then ask the children to swap with their partner and repeat step 2 giving both children a turn before moving to the next piece of gym equipment or activity station.

Equipment	Challenge – Child 1	Challenge – Child 2
Double Air Walker	Move as fast as you can to do as many strides as possible	Encourage your partner to keep moving as quickly as possible!
Air Skier	Move as fast as you can to do as many swings as possible	Encourage your partner to keep moving as quickly as possible!
Children’s Rower	Move as fast as you can to do as many rows as you can	Encourage your partner to keep rowing as fast as they can!
Arm & Pedal Bike	Move as fast as you can to do as many turns as possible	Encourage your partner to keep moving as quickly as possible!
Double Cross Country Skier	Move as fast as you can to do as many strides as possible	Encourage your partner to keep moving as quickly as possible!
Elliptical Cross Trainer	Move as fast as you can to do as many turns as possible	Encourage your partner to keep moving as quickly as possible!
Hip Twister	Move as fast as you can to do as many twists as possible	Encourage your partner to keep moving as quickly as possible!
Rider	Move as fast as you can to do as many strokes as possible	Encourage your partner to keep moving as quickly as possible!
Seated Leg Press	Move as fast as you can to do as many presses as possible	Encourage your partner to keep moving as quickly as possible!
T’ai Chi Spinners	Move as fast as you can to make as many full turns of the plates as you can	Encourage your partner to keep moving as quickly as possible!

If you are teaching with larger classes, while half the class use the equipment, use the following suggested activity stations for complimentary exercises.

- ✓ Star jumps.
- ✓ Jog around in a large circle, then change direction.
- ✓ Mountain climbers.

Cool Down – Kicking on the Spot

- ✓ Children alternate their feet with low forward kicks.
- ✓ Slowly swing arms by sides.
- ✓ Repeat 20–30 times.
- ✓ Slowly take a deep breath in through the nose and out through the mouth. Repeat 3 times.
- ✓ Wrap arms around shoulders and give yourselves a big hug.

Longest/Stretchiest & Slowest



Warm Up – The Bean Game

- ✓ Children move quietly around the playground/field jogging or walking.
- ✓ The teacher/nominated child calls out: e.g. French bean, jumping bean, broad bean, jelly bean, beans on toast, baked bean, string bean, human bean, chilli bean, runner bean.
- ✓ Children then make the movements to represent the type of bean.

Main Activity

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2. Initially 1 child from each pair should use the equipment at a comfortable regular pace for 3–5 minutes before moving onto the weekly challenge (see table below).
3. Then ask the children to swap with their partner and repeat steps 2 & 3 giving both children a turn before moving to the next piece of gym equipment or activity station.

Equipment	Challenge – Child 1	Challenge – Child 2
Double Air Walker	Move as slowly as you can, stretch as far as you can	Help your partner to move slowly, by counting up to 5 between each stride
Air Skier	Move as slowly as you can, use your arms, tummy and legs to stretch and swing as far as you can	Help your partner to move slowly, by counting up to 5 between each swing
Children's Rower	Move your arms and legs and hold your tummy tight and row as slowly as you can	Help your partner to move slowly, but counting up to 5 between each row
Arm & Pedal Bike	Move your arms and legs round as slowly as you can	Help your partner to move slowly, by counting up to 5 between each stride
Double Cross Country Skier	Move your arms and legs back and forth, stretching as far as you can	Help your partner to move slowly, but counting up to 5 between each stride
Elliptical Cross Trainer	Move your arms and legs as slowly as you can, stretching as far as you can	Help your partner to move slowly, but counting up to 5 between each turn
Hip Twister	Move as slowly as you can, twist as far as you can	Help your partner to move slowly, but counting up to 5 between each twist
Rider	Move as slowly as you can, make yourself as long as you can	Help your partner to move slowly, but counting up to 5 between each stroke
Seated Leg Press	Move as slowly as you can, stretch and make your legs as long as you can	Help your partner to move slowly, but counting up to 5 between each press
T'ai Chi Spinners	Move the plates around in a clockwise direction as slowly as you can, stretching your arms, then change direction	Help your partner to move slowly, but counting up to 5 between each stride

If you are teaching with larger classes, while half the class use the equipment, use the following suggested activity stations for complimentary exercises

- ✓ High knees. Standing on the spot, jump up and down raising 1 knee then the other on each bounce.
- ✓ Plank walkout. Bend down, place your hands on the floor and walk them out to a plank, hold, and then come back up again.
- ✓ Balance on 1 leg, bend at the knee, lower down and then straighten to standing again. Now swap to your other leg.

Cool Down – Trees in the Wind

- ✓ Stand with both arms overhead, feet placed wide apart, and knees slightly bent.
- ✓ Gently wave arms from side to side, forwards and backwards like a tree.
- ✓ Slowly take a deep breath in through the nose and out through the mouth. Repeat 3 times.
- ✓ Wrap arms around shoulders and give yourselves a big hug.

All Change



Warm Up – Video Game

- ✓ The children are a video, and start by walking around in a big circle
- ✓ The teacher calls various instructions, and the children respond accordingly:
 - Play** – jog around
 - Rewind** – jog/walk backwards
 - Fast Forward** – sprint forwards
 - Pause** – jump on the spot
 - Stop** – stop

Main Activity

1. Split the children into pairs, position each pair at a piece of equipment (2 pairs at double pieces of equipment).
2. Initially 1 child from each pair should use the equipment at a comfortable regular pace for 3–5 minutes before moving onto the weekly challenge (see table below).
3. Then ask the children to swap with their partner and repeat steps 2 & 3 giving both children a turn before moving to the next piece of gym equipment or activity station.

Equipment	Challenge – Child 1	Challenge – Child 2
Double Air Walker	Tummy Crunch! – legs together, lean on the bar, bring both legs forwards and back at the same time	Encourage your partner by counting their reps!
Air Skier	About Turn! – turn 90°, hold 1 bar with both hands and swings forwards and backwards	Encourage your partner by counting their reps!
Children's Rower	Arms Only! – sit on the rower as normal, but try only using your arms, without pushing through your feet!	Encourage your partner by counting their reps!
Arm & Pedal Bike	Into Reverse! – using both arms and legs to cycle in a backwards motion	Encourage your partner by counting their reps!
Double Cross Country Skier	Arms Only! – stand on the equipment but use your arms to drive forwards and backwards	Encourage your partner by counting their reps!
Elliptical Cross Trainer	About Turn! – stand on the equipment and move legs round in a backwards motion	Encourage your partner by counting their reps!
Hip Twister	Squat Twists! – stand on the circle, hold the rail now bend your knees and twist	Encourage your partner by counting their reps!
Rider	Arms Only! – sit on the rider as normal, but only use your arms to pull up and down	Encourage your partner by counting their reps!
Seated Leg Press	Tip Toes! – sit down and just put your toes onto the foot plates. Now push in and out as normal. Feel the different muscles working	Encourage your partner by counting their reps!
T'ai Chi Spinners	Mix it up! – move in a variety of directions, anticlockwise, clockwise and then try to move 1 hand anticlockwise and the other clockwise, then swap!	Encourage your partner by counting their reps!

If you are teaching with larger classes, while half the class use the equipment, use the following suggested activity stations for complimentary exercises.

- ✓ Heel kicks on the spot.
- ✓ Skip around in a large circle, then change direction.
- ✓ Balance a beanbag on you head, try to walk round in a large circle.

Cool Down – Shake it off

- ✓ Gently shake 1 arm, then the other. Shake 1 leg, then the other. Shake your hips side to side and then gently shake your whole body.
- ✓ Slowly take a deep breath in through the nose and out through the mouth. Repeat 3 times.
- ✓ Wrap arms around shoulders and give yourselves a big hug.



Week
six

Progress Tracker

Track the number of swings, strides etc in the table below

Date week 1 _____

Date week 6 _____

[illegible]

" Our new outdoor gym has been a fantastic addition to our physical education lessons. The equipment offers the children a challenging workout using very different movement, complimenting their learning greatly. "

Mr Sales, Headteacher



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“The children love opportunities to play on the outdoor gym, whether it’s in a PE lesson or during their free time.”

Grant Simmons, Head of Physical Education