



FreshairFitness

The outdoor gym specialists

fitness
& fun!



Lesson Planner

Resource pack for teachers

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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
Balance Beams	Hops	Hops 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 – Kicking on the Spot

- ✔ Children alternate their feet in 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.

Matching Movements

Warm Up – Octopus Tag

- ✔ 1 child or “tagger” stands in the middle of the marked area, with the rest of the children lined up at an end of the play area.
- ✔ When the tagger shouts “go” they all run to the other side of the marked area. Whoever the tagger catches has to stay and help him/her. These additional children then have to sit down, and can help “tagger” by using only arms to tag.
- ✔ This goes back and forth until you’re down to the last person who then starts the next round.

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	Call instructions to your partner e.g. faster, slow, walk, run etc
Air Skier	Working with 1 child from the other pair, try to match each others movements, mirroring swings from side to side	Call instructions to your partner e.g. faster, slow, half swing, full swing
Balance Beams	Working with 1 child from the other pair, try to match each others movements	Call instructions to your partner e.g. hop, jump, balance etc
Arm & Pedal Bike	Use your arms only on the pedal bike	Call instructions to your partner e.g. faster, slower, forwards, backwards
Double Cross Country Skier	Working with 1 child from the other pair, both children try to keep their feet moving together, so as 1 child’s legs move backwards, the other child’s feet move forwards	Help you partner by calling ‘forwards, backwards’ helping them to keep in time
Elliptical Cross Trainer	Working with 1 child from the other pair, holding the handles for stability, use your legs to do the hard work	Count the number of turns and encourage you partner to do more!
Hip Twister	Mirror Twisting – 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	Galloping Canter – 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	Mirror Spinning – 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.

- ✔ Shapes (partner calls a shape and the child tries to make it, then swap).
- ✔ Hop around in a large circle, then change direction/ 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 – 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.

Super Speedy

Warm Up – Ticky Cat

- ✔ Choose 1 child to be the “cat” and instruct them to run and catch the other children “mice”.
- ✔ When caught, the mice then “fall asleep” lying on the floor in a star shape and they don’t “wake up” until 1 of their friends tickles their tummy.
- ✔ The game continues until everybody is nice and warm, approximately 5 minutes.

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!
Balance Beams	Choose a movement and then do as many as you can	Encourage your partner to keep moving as quickly as possible!
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.

- ✔ Jumping kicks (on the spot).
- ✔ Jog around in a large circle, then change direction/change legs.
- ✔ Roly-polys or cartwheels.

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.

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

- Split the children into pairs, position each pair at a piece of equipment (2 pairs at double pieces of equipment).
- 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).
- 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, but 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, but counting up to 5 between each stride
Balance Beams	Moving as slowly as you can, walk along the length of the balance beams	Help your partner to move slowly, but counting up to 5 between steps
Arm & Pedal Bike	Move your arms and legs round as slowly as you can	Help your partner to move slowly, but counting up to 5 between each turn
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 your waist 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.
- Jump around in a large circle, then change direction/change legs.
- Balance on 1 leg, bend that leg that to straighten it, now swap to your other leg.

Cool Down – Stroll on the Spot

- Begin by standing on the spot. Stroll 1 step forward, then 1 step back, 1 step forward, then 1 step back gently swinging arms by sides. Do not raise arms above waist. Continue "strolling" on the spot for 20-30 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.

All Change

Warm Up – Fruit Basket

- ✔ Divide the class into 4 groups and have them move into each corner of the given play area.
- ✔ Give each of the groups a fruit name e.g. apples, oranges, bananas and pears.
- ✔ Call 2 of the fruit names and those groups have to run and change places. They maintain the same name throughout the game.

When you call "fruit basket" all of the children run and sit in the centre of the area.

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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 to keep moving as quickly as possible!
Air Skier	About Turn! – turn 90°, hold 1 bar with both hands and swings forwards and backwards	Encourage your partner to keep moving as quickly as possible!
Balance Beams	Touch Downs! – stand on the beam with both feet together facing out/away from the beam. Place 1 foot on the floor, then the other and then get up again	Encourage your partner to keep moving as quickly as possible!
Arm & Pedal Bike	About Turn! – using both arms and legs to cycle in a backwards motion	Encourage your partner to keep moving as quickly as possible!
Double Cross Country Skier	Arms Only! – stand on the equipment but use your arms to drive forwards and backwards	Encourage your partner to keep moving as quickly as possible!
Elliptical Cross Trainer	About Turn! – stand on the equipment and move in a backwards motion	Encourage your partner to keep moving as quickly as possible!
Hip Twister	Squat Twists! – stand on the circle, hold the rail now bend your knees and twist	Encourage your partner to keep moving as quickly as possible!
Rider	Arms Only! – sit on the rider as normal, but only use your arms to pull up and down	Encourage your partner to keep moving as quickly as possible!
Seated Leg Press	Tip Toes! – sit down and just put your tip toes onto the foot plates. Now push in and out as normal. Feel the different muscles working	Encourage your partner to keep moving as quickly as possible!
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 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.

- ✔ Shadows (shadowing their partners' movements).
- ✔ Skip around in a large circle, then change direction/change legs.
- ✔ Balance a beanbag on you head, try to walk round in a large circle.

Cool Down – Kicking on the Spot

- ✔ Children alternate their feet in 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.

Tracking Achievement

Warm Up – Pasta PE

✔ The children should begin by walking around the room in any direction. On the various commands listed, they should carry out the appropriate action:

Spaghetti – walk round the room tall and thin arms pointed together

Tagliatelli – walk round the room arms pointed side by side

Pasta twist – walk round the hall turning round and round

Pasta bow – walk round with legs and arms apart, bow shaped

Lasagne – lie flat on the floor

Macaroni – make a circle with arms

Pasta shapes – make a 2D shape in small groups holding hands

Spaghetti hoops – make a "hoop" in a small group holding hands

Cannelloni – roll on the floor

Ravioli – stand back to back with a partner

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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.

- ✔ Balance on 1 leg, on another leg, on bottom etc.
- ✔ Jumping bunnies, feet together, bounce around in a large circle.
- ✔ Throwing and catching beanbags to each other and up in the air to self.

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.

Achievement Tracker

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

Child's Name	Double Air Walker		Air Skier		Balance Beams		Arm & Pedal Bike		Double XC Skier	
	Week 1	Week 6	Week 1	Week 6	Week 1	Week 6	Week 1	Week 6	Week 1	Week 6

Achievement Tracker

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

Child's Name	Elliptical X Trainer		Hip Twister		Rider		Seated Leg Press		T'ai Chi Spinners	
	Week 1	Week 6	Week 1	Week 6	Week 1	Week 6	Week 1	Week 6	Week 1	Week 6