

# **Lesson 2 : Keeping strong, fit & healthy**

## **Fitness circuits**

Alistair



# For this lesson you will need

- Space
- Cans
- Milk bottle
- Scarf



# Let's get ready

- Find a quiet, clear space to work away from distractions.
- Ensure the area is safe and that your child is feeling fit and well to take part in the lesson.
- Check you are wearing the right clothes for sport & physical activity.
- Make sure your resources are nearby.
- Use a familiar reference to prepare the learner that the activity is going to start. This could be a symbol, sound or song.



# Warm up...

**Stretch, walk, jog and jump to get our muscles ready for exercise. You might feel your heart begin to beat a bit faster (warm up can last between 2 & 5 minutes).**



# Sequences of movement...

**press-ups**

**sit-ups**

**lifting**

**Practice a range of movements and exercises that use natural body resistance to build our core strength (Press ups / sit ups / squats / jogging on the spot). Use household items as weights e.g. cans to build strength and power.**



# Skills...

**Complete a fitness circuit with exercise stations that focus on speed, strength and balance. Increase the duration and intensity of exercise to build fitness and endurance.**



# Healthy lifestyles...

**Exercise**

**Healthy Eating**

**Sleeping**

**Explore the different ways we can lead a healthy lifestyle (exercising, a healthy diet and getting enough sleep). Check out our Independent Living lessons for more ideas on how to keep ourselves healthy.**



## Make it easier

\*Concentrate on simple gross motor movements as part of our circuit e.g. walking.

\*Focus on fewer skills / movements and progress at a pace appropriate to the learner.

## Make it harder

\*Look at our masterclass and explore 'top tips' from elite athletes.

\*Add sport specific stations to your exercise circuit and practice your skills whilst keeping fit.

## More ideas

\*With a parent / carer, visit a local park and try out the outdoor fitness equipment they have.

\*Ask your parent/carer to help you research what foods we can eat to ensure we have a healthy balanced diet (try making a healthy meal or snack).





# **\*STEP Principle\***

***All of our activities can be adapted using the step principle  
(Space, Task, Equipment, People)***

e.g. Balloon with beads in to support visually impaired learners / Bigger, brighter resources / Adapt space & activities to suit wheelchair users e.g. Seated push ups to build strength (hold on to wheelchair handles and lift your body - ensure breaks are on).

