

Lesson 2 : Keeping strong, fit & healthy

Fitness circuits

Physical Development - Building Understanding

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

Squats

Jogging

Practise 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).



Skills...

Fitness Circuit

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

Sleep

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 more stations to your fitness circuit and increase the duration and intensity of the exercise.

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).



Share your work with Oak National

If you'd like to, please ask your parent or carer to share your work on **Instagram, Facebook or Twitter** tagging **@OakNational** and **#LearnwithOak**

