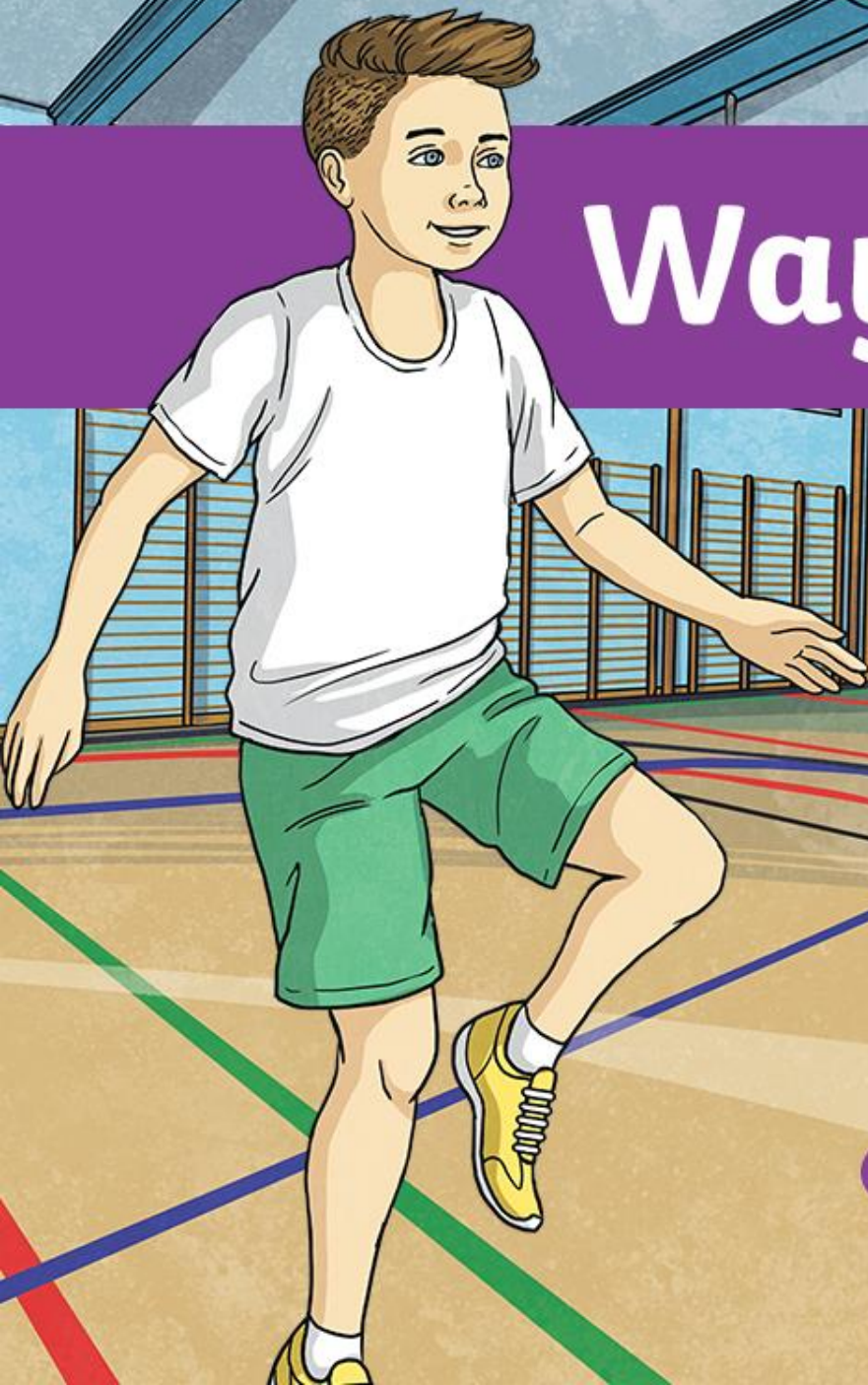




Year 3 Circuit Training

Ways to Travel



twinkl

Aim

- To travel in a variety of ways.

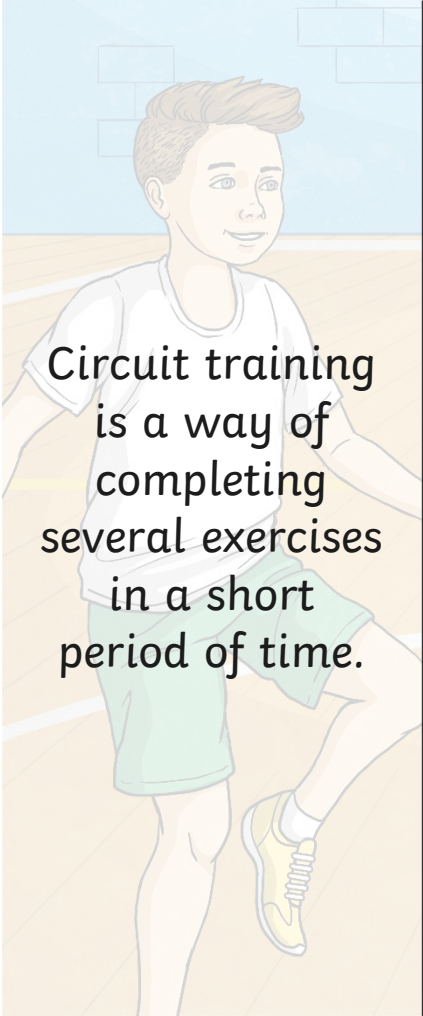
Success Criteria

- I can step in different ways.
- I can hop and jump in different ways.

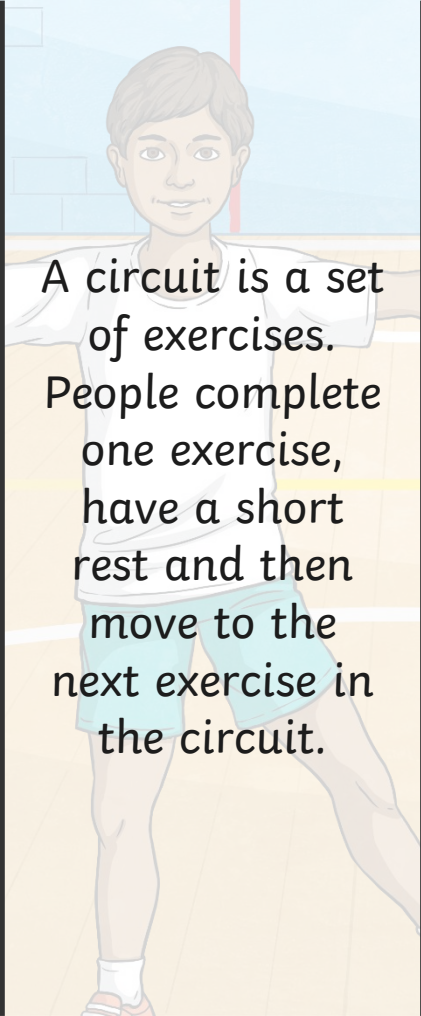


Let's Get Ready

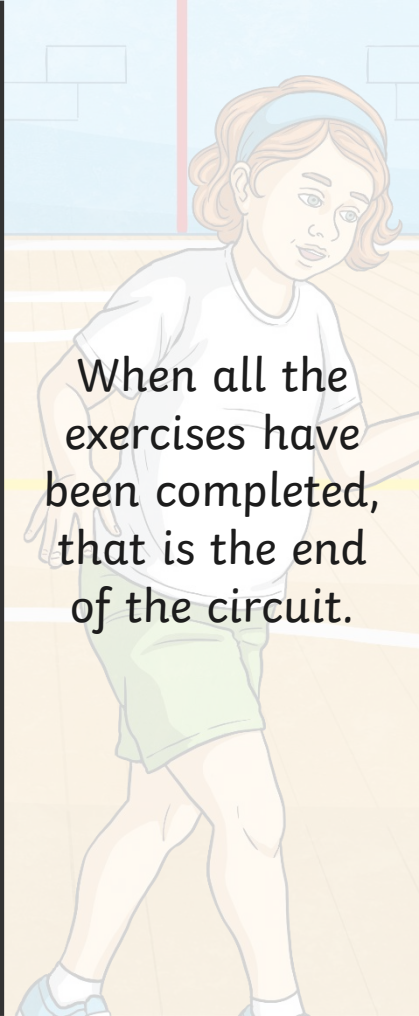
What Is Circuit Training?



Circuit training is a way of completing several exercises in a short period of time.



A circuit is a set of exercises. People complete one exercise, have a short rest and then move to the next exercise in the circuit.



When all the exercises have been completed, that is the end of the circuit.



It's a great way to exercise the whole body and make fitness fun!

Y3 Circuits

An illustration of a young boy and girl on a sports field. The girl, with long brown hair in a ponytail and wearing a yellow shirt, is seen from the back. The boy, with short dark hair and wearing a green shirt and dark shorts, is facing her. They are on a wooden-textured ground with white and green lines. In the background, there are blue rectangular shapes representing buildings or structures. Three purple text boxes are overlaid on the image, containing text about mini circuits.

Over the next few lessons, you will take part in a series of mini circuits.

You will learn the best techniques for completing each activity in the mini circuit, then you will have a go.

At the end of this unit of work, you will have chance to complete a full circuit involving every exercise you have trained for.

Scoring and Marking

For each exercise in the circuit, you are going to give yourself a score.

Your score will be how many times you manage to complete the exercise during the mini circuits at the end of the lesson.

Circuit Training Score

	Exercise	Mini Circuit Session	Full C
Ways to Travel	Stepping Squares		
	Lunges		

Circuit Training Score Sheet

	Exercise	Mini Circuit Session	Full C
Ways to Travel	Stepping Squares		
	Lunges		
	Hopscotch		
Changing Travel	Crazy Cones		
	Super Slalom		
	Commando Crawl		



PE | Year 3 | Indoor: Circuit Training | Travelling Changes | Lesson 2

An illustration of a young girl with dark skin and long black dreadlocks tied in a ponytail with a red hair tie. She is wearing a white t-shirt, teal shorts, and pink sneakers. She is running towards the left side of the frame. The background is a school gym with a wooden floor marked with red, green, and blue lines. There are blue metal beams and windows in the background. A purple banner with the text "Let's Get Moving" is overlaid on the middle of the image.

Let's Get Moving

Warm-Up: Shadow Boxing



Make sure you are always standing in space.

Start at a walking pace. Moving around the space, listen out for the different commands and perform the actions.

Forward Punch in front with alternating fists.

High Punch towards the sky with alternating fists.

Low Punch towards the ground.

Side Punch out towards the sides.

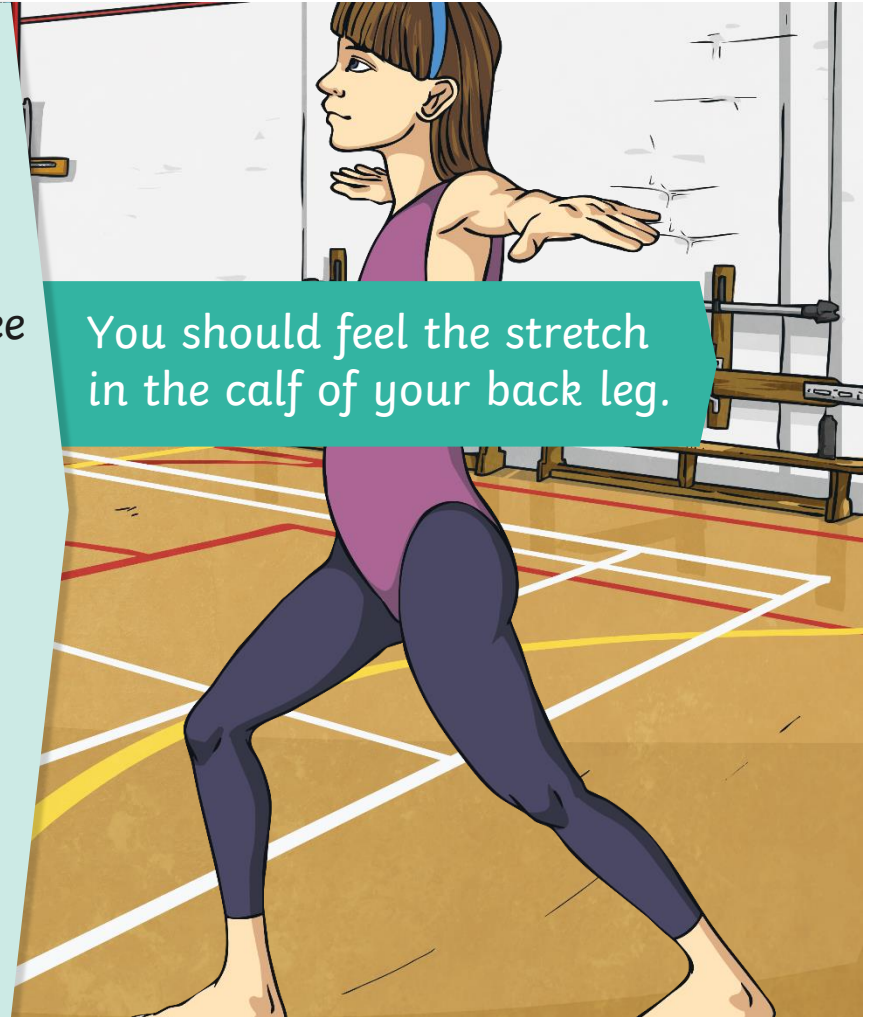
The pace will gradually be increased to jogging and then running. It is important that no contact is made during this activity.

Calf Stretch



- Stand tall with one leg in front of the other, slightly wider than shoulder-width apart.
- Bend your front leg so your knee is almost at a 90° angle – your knee should be in line with your foot.
- Your back leg stays straight, with your foot flat on the floor.
- Keep your hips facing forwards.
- You should feel the stretch in the calf of your back leg.
- Push into your bent leg and you should feel the stretch further.
- Hold the stretch for six to ten seconds.
- Swap legs and repeat.

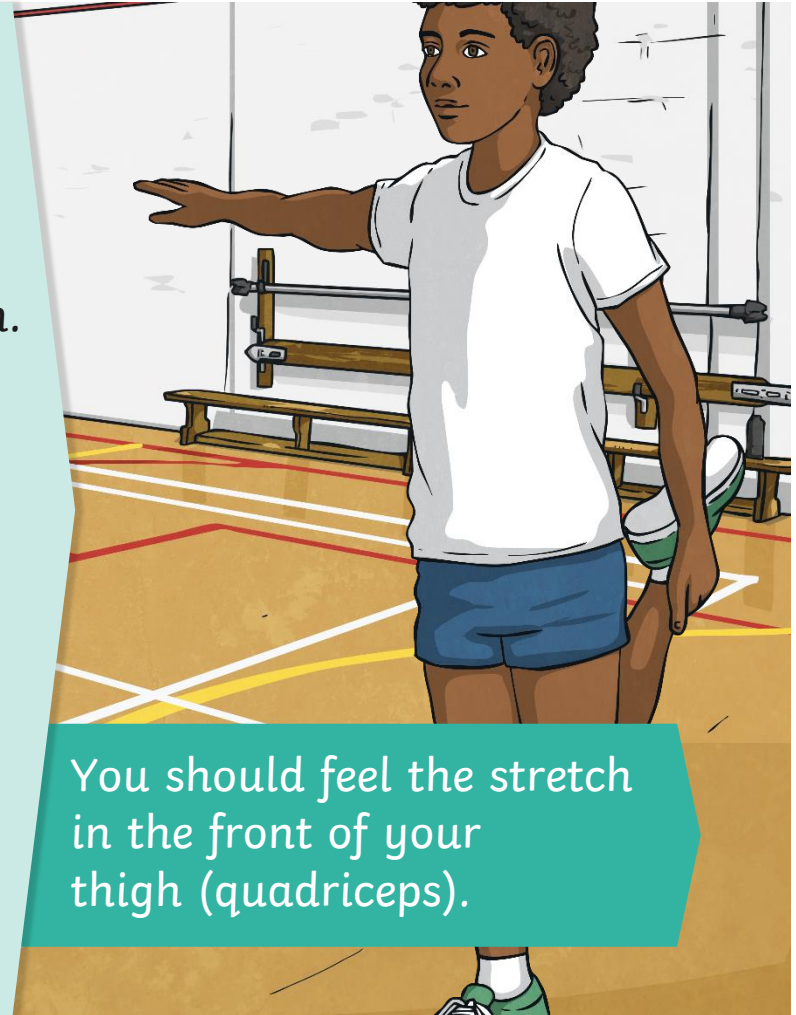
You should feel the stretch in the calf of your back leg.



Quadriceps Stretch



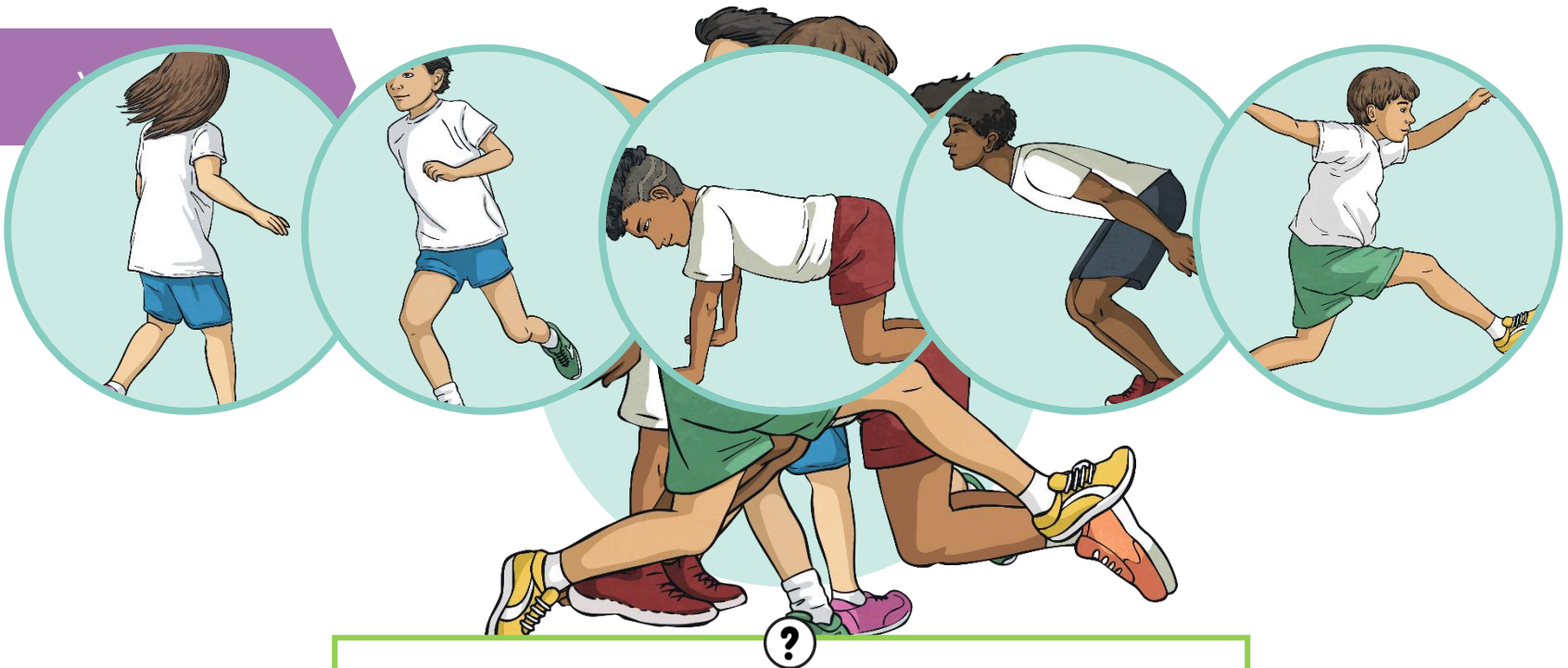
- Stand with your feet shoulder-width apart.
- Bend one of your legs at the knee and grasp the ankle with your hand, pulling your foot towards your bottom.
- Make sure your bent knee faces the floor. Don't let your knee flare out to the side.
- Your other arm can be extended out to the side for balance.
- You should feel the stretch in the front of your thigh (quadriceps).
- Tilt your pelvis forwards to feel the stretch more.
- Hold the stretch for six to ten seconds.
- Swap legs and repeat.



Travelling



All the exercises in our mini circuit today feature travelling skills.
Travelling means moving across the space.
You can travel in lots of different ways.



Can you travel in different ways?

Sidestep



In the Stepping Squares exercise, you will need to be able to sidestep. Let's have a look at how to do this.

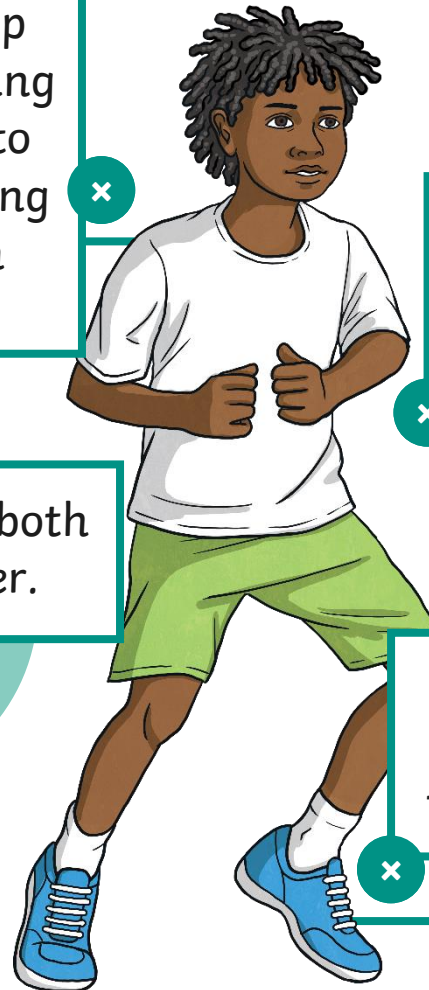
You can also sidestep to the right by moving your right foot out to the right and bringing your left foot to join your right foot.

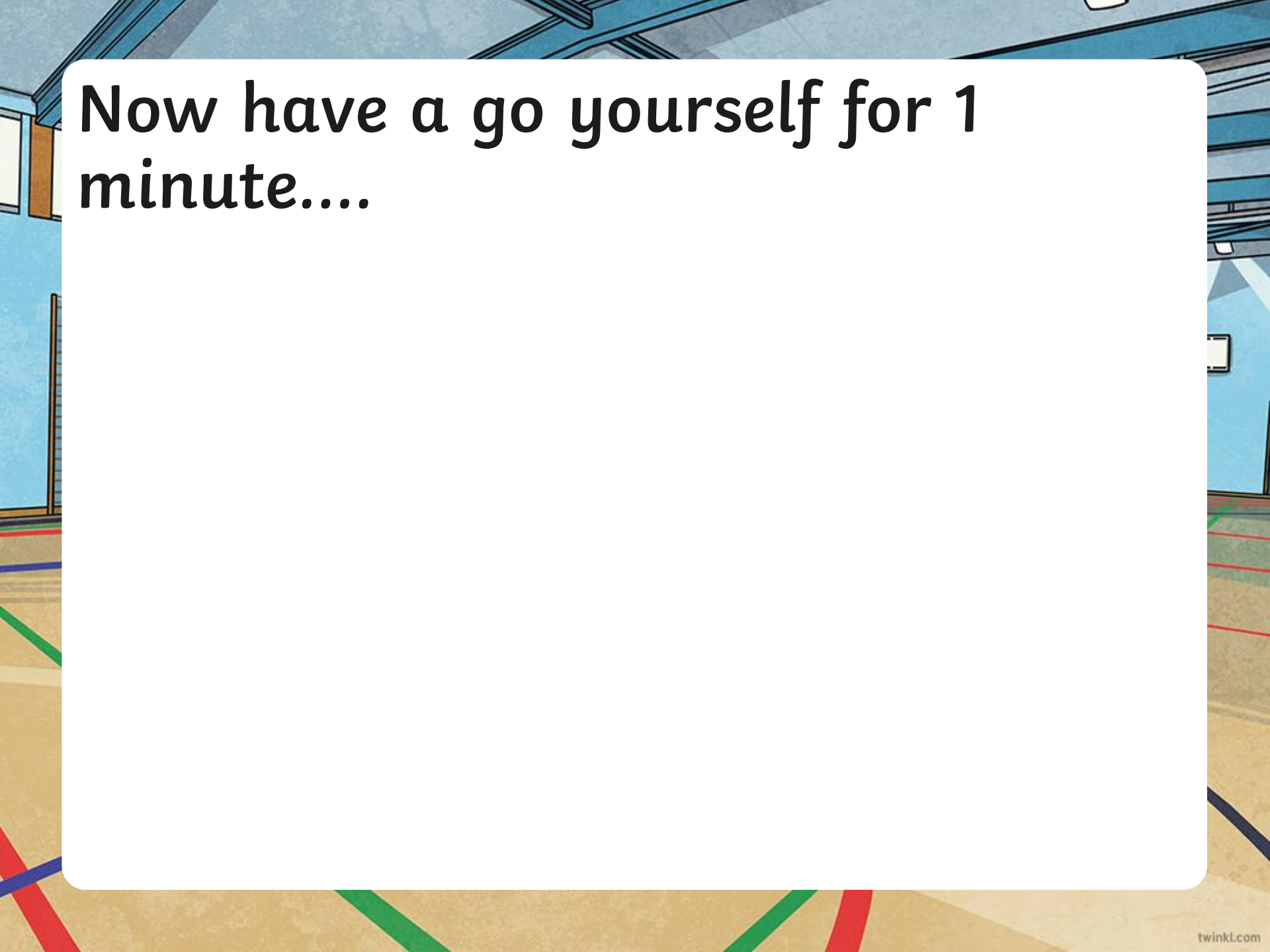
Start with both feet together.

Bring your right foot to join your left foot.

Continue like this to move in a sidestep.

Move your left foot out to the left.



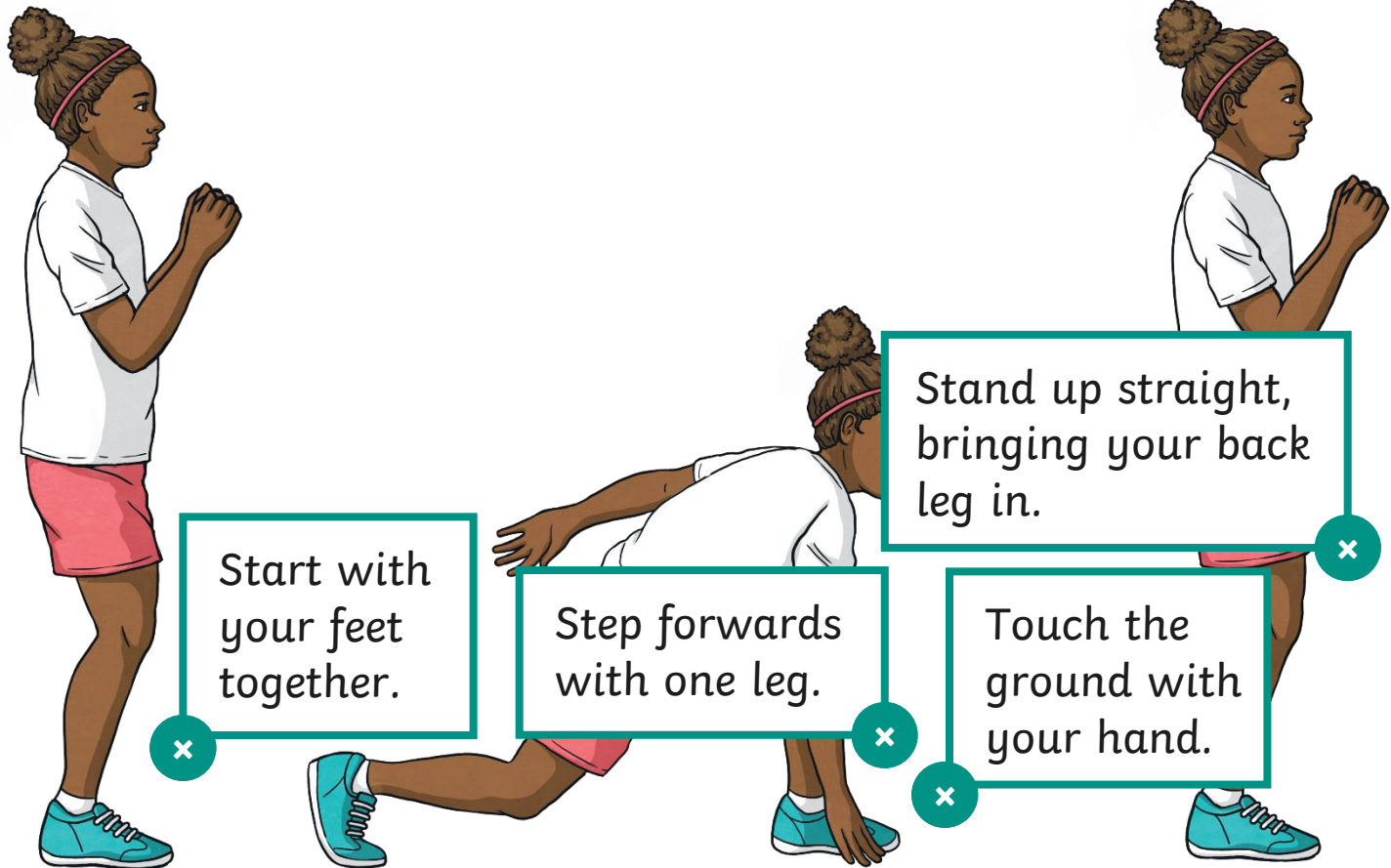


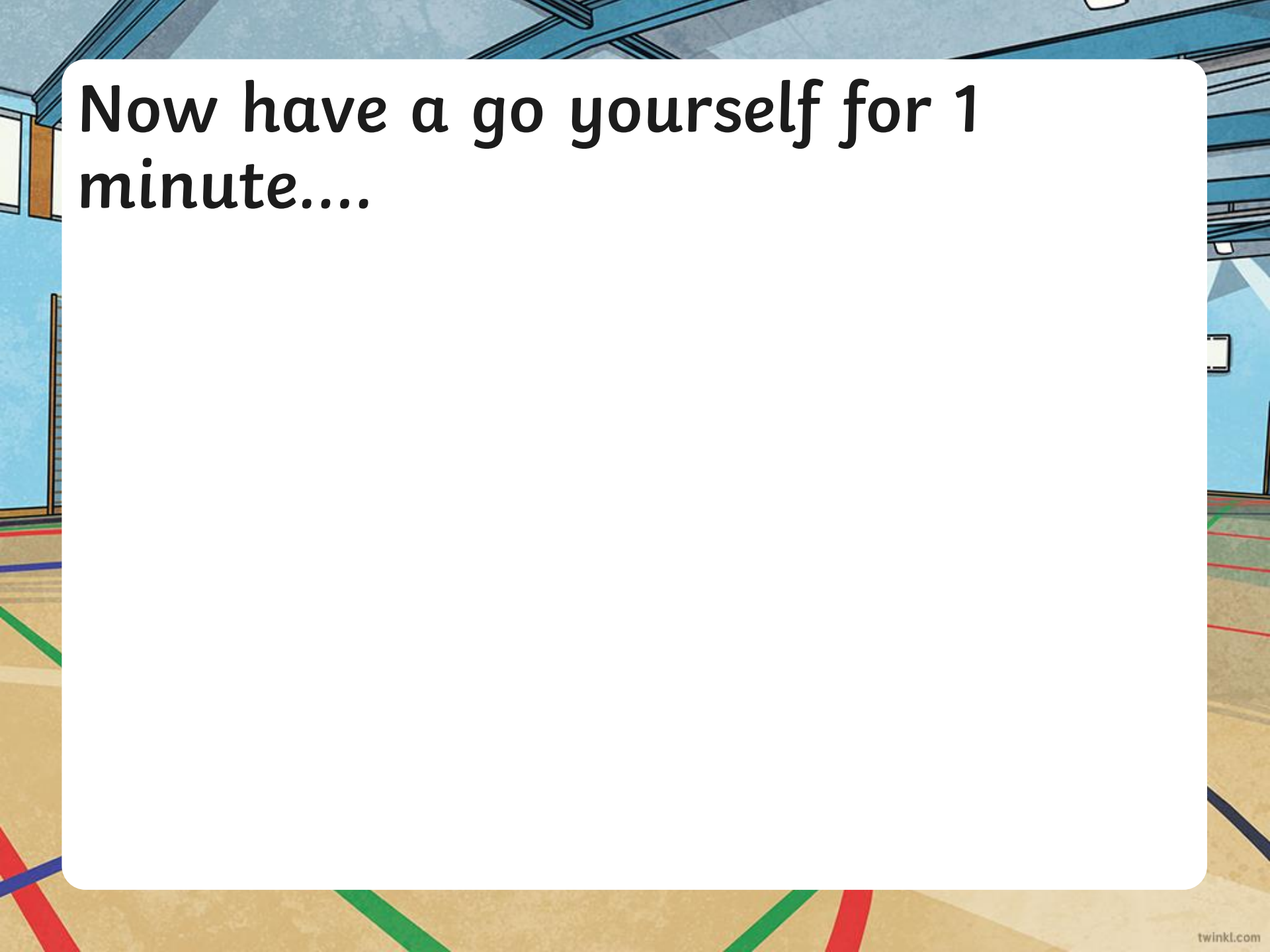
Now have a go yourself for 1 minute....

Lunges



How to lunge:



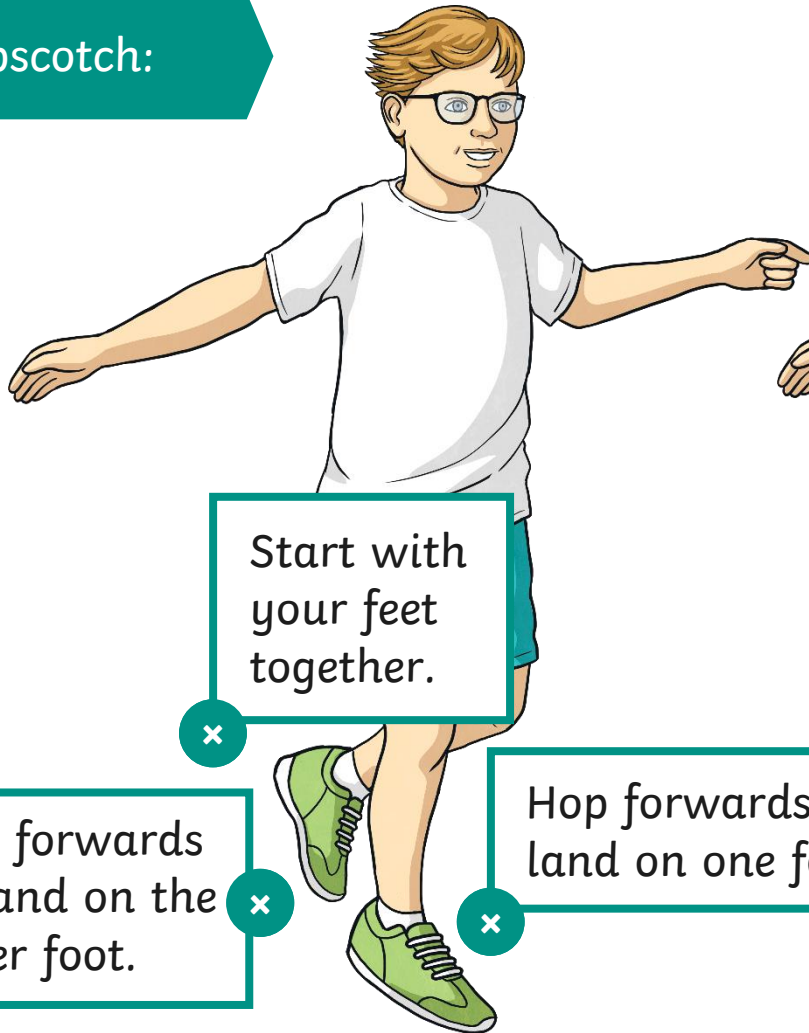


Now have a go yourself for 1 minute....

Hopscotch



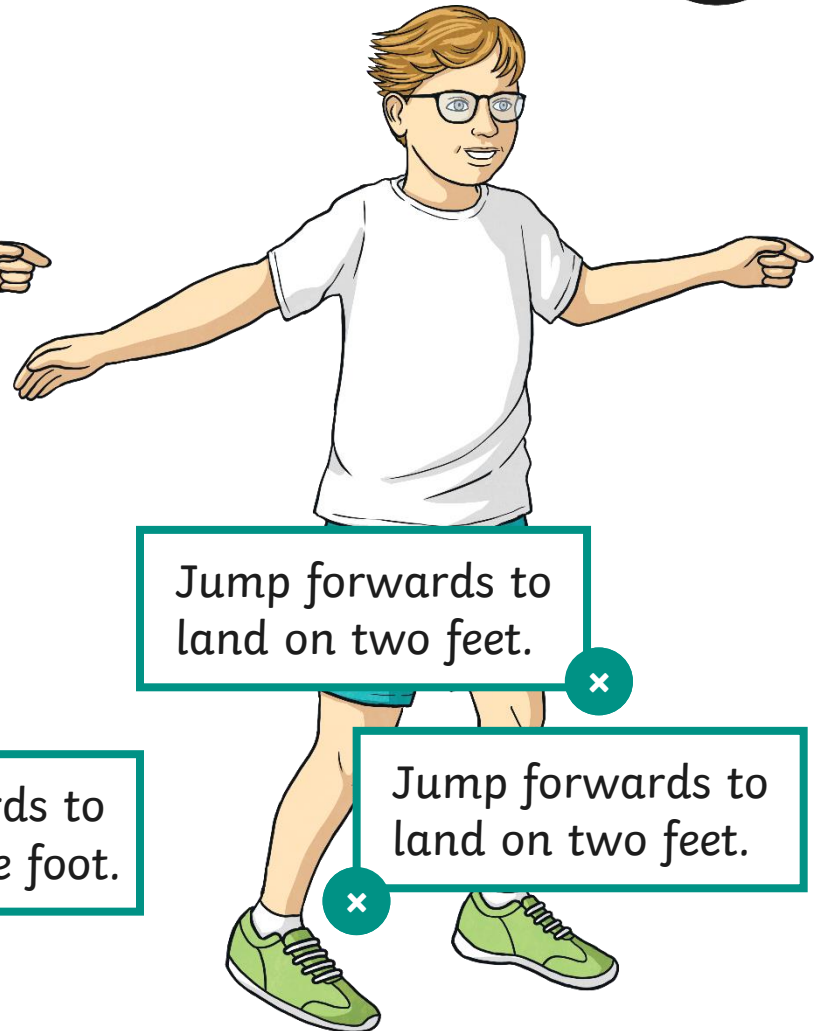
Hopscotch:



Start with
your feet
together.

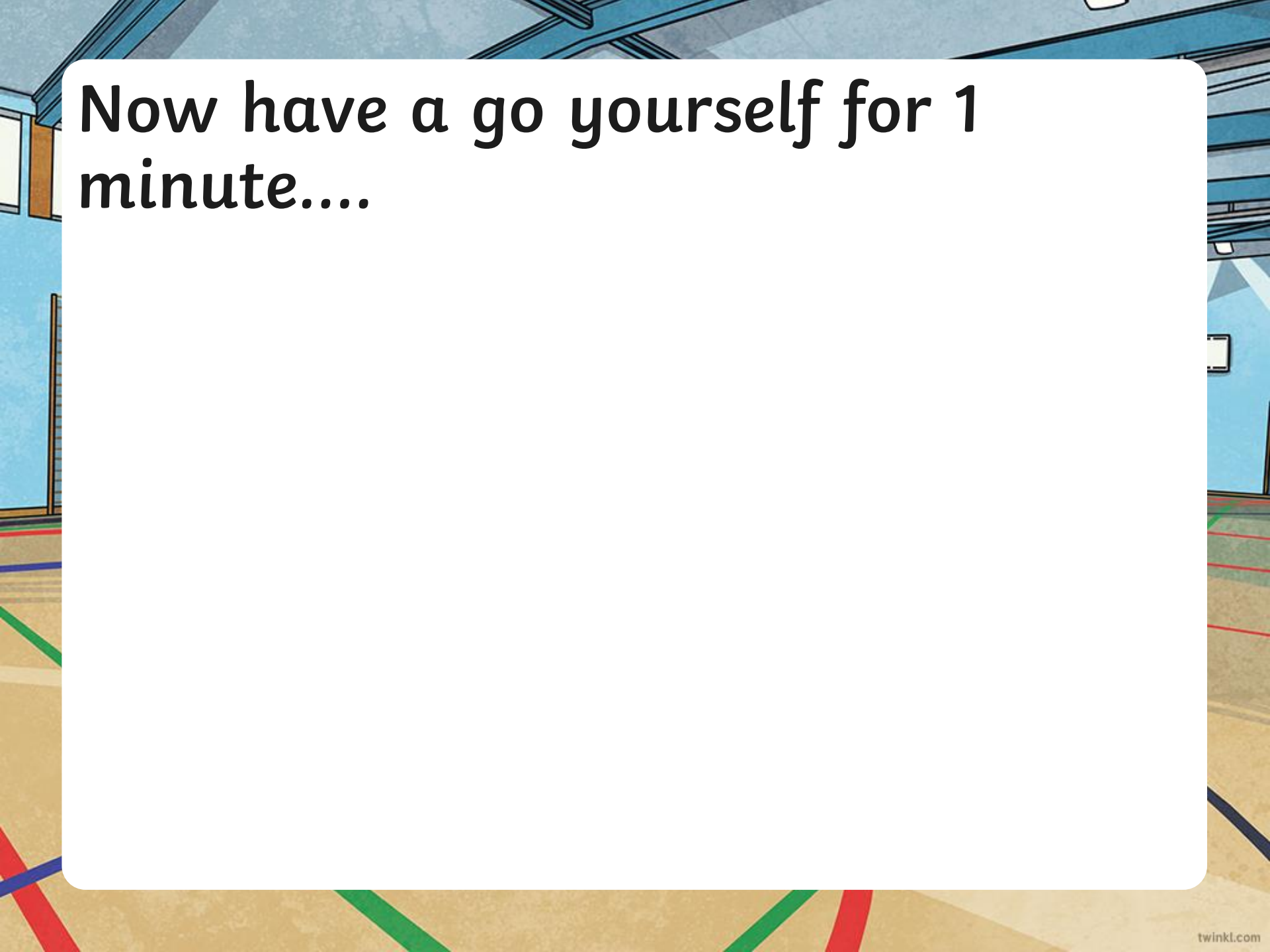
Hop forwards
to land on the
other foot.

Hop forwards to
land on one foot.



Jump forwards to
land on two feet.

Jump forwards to
land on two feet.



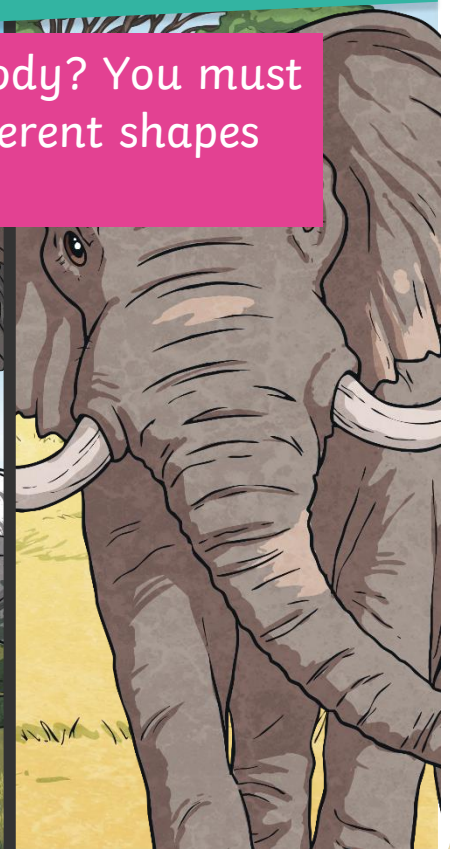
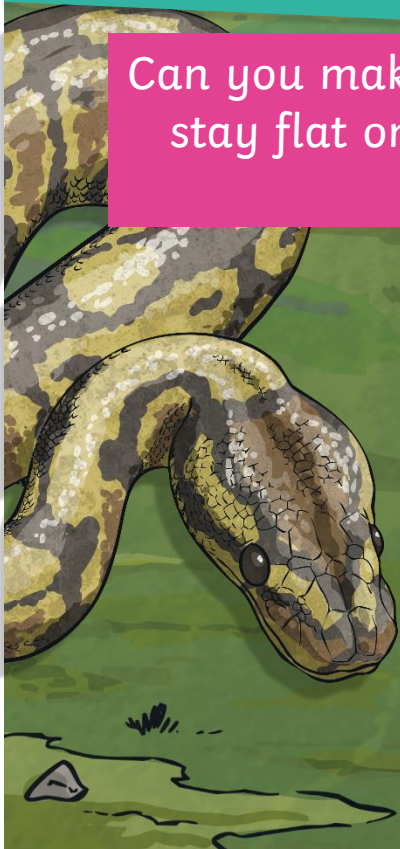
Now have a go yourself for 1 minute....

Cool-Down: Animal Shapes



For today's cool-down, you need to begin by lying down in a comfortable position.

Can you make the shape of each animal with your body? You must stay flat on the ground, but you can move into different shapes using your arms and legs.



Let's Review



Travelling Types

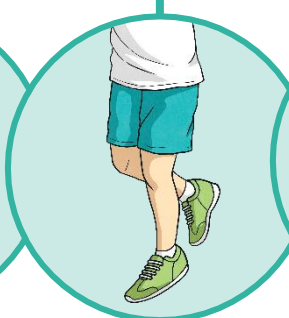


Today, you have travelled in different ways.
Look at these children travelling in different ways.
Can you match the type of travel with each child?

Stride



Hopscotch



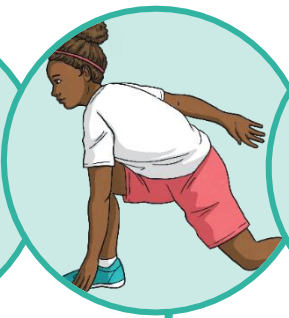
Skip



Sidestep



Lunge



Tiptoe



Lunge

Stride

Tiptoe

Skip

Sidestep

Hopscotch

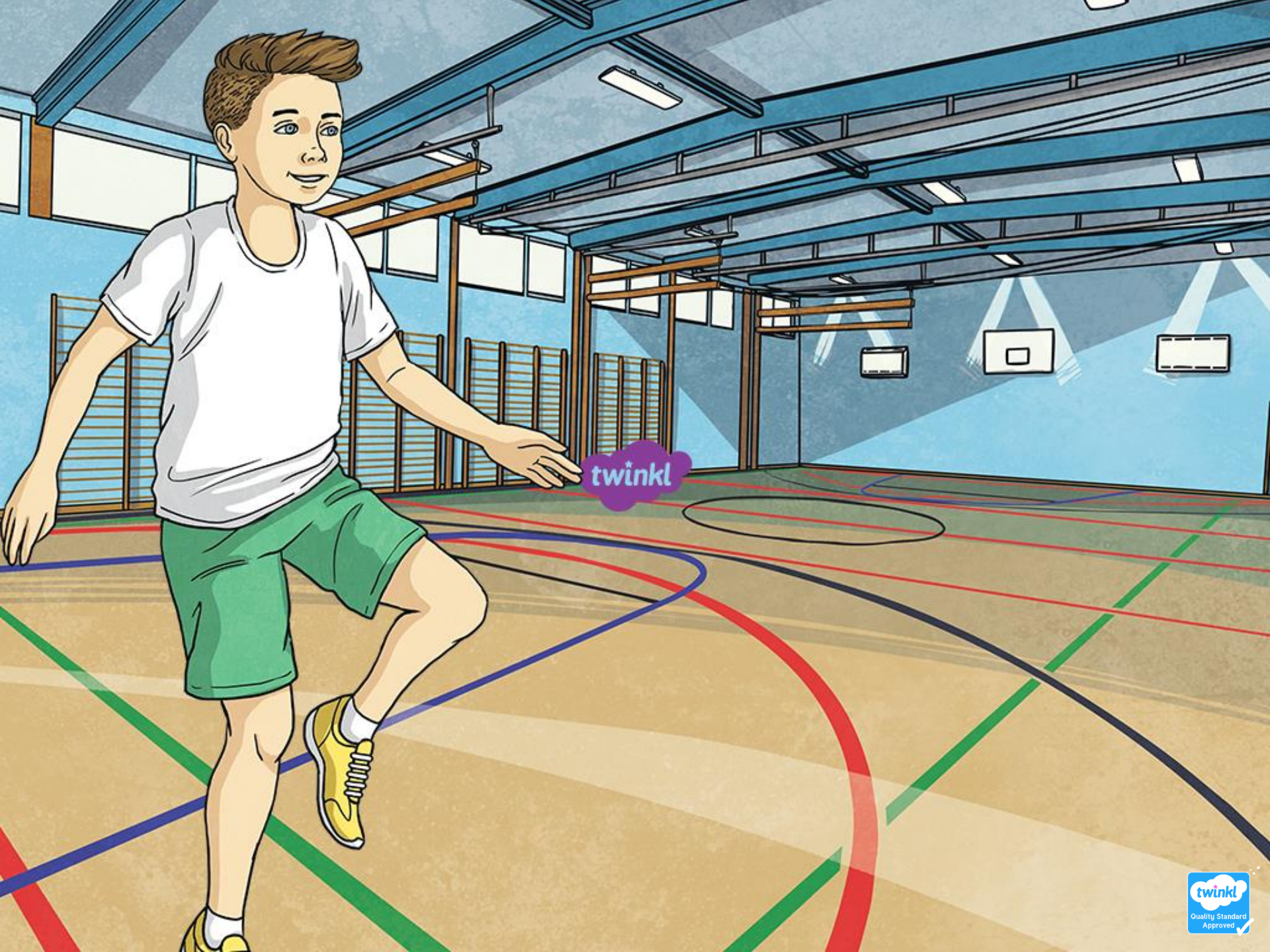
Aim



- To travel in a variety of ways.

Success Criteria

- I can step in different ways.
- I can hop and jump in different ways.



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