

# Fitness training for Primary Schools

Suitable for all age groups and abilities.

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Inspiring PE



Inspiring PE

## Warm up ideas—generic

### 1 2 3

Jogging around the area, when the teacher shouts a number, do the following action

1 - Touch the floor

2 - Jump up high

3 - Strike a pose for 5 seconds then continue.

### Follow my leader

Students should be in pairs standing one behind the other. One player leads and moves in any way they can think of. The other player follows. Change leader.

### Movie time

The students travel around the area; jogging, skipping, hopping or jumping. On command the students must.

Pause – stop instantly

Fast forward – speed up

Rewind – slowly walk backwards, looking over their shoulder

Change channel – change the action they are doing

### Numbers

Children are directed to run, hop or skip around the room at the teacher's direction. On the teacher's command a number is called, e.g. 5 and the children must get into groups of that number.

### Simon says

Try to make this game as active and as fun as possible. Change directions quickly, some suggestions are jog on the spot, lift knees high, run around the room changing directions, skip around the room

## Mobilising the joints

### Rotating at the joints

Rotate the major joints being used in gymnastics

Rotate at the wrists

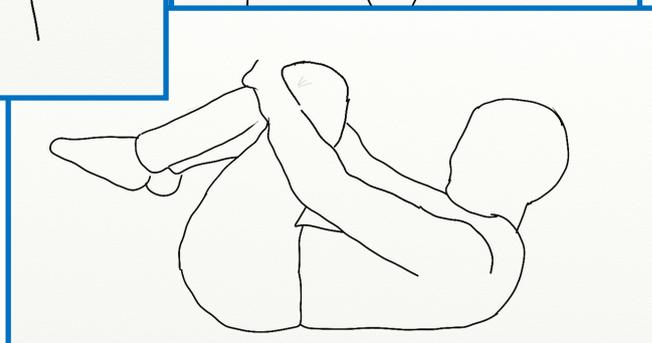
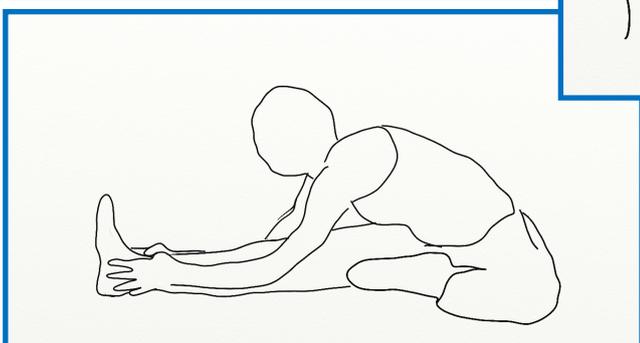
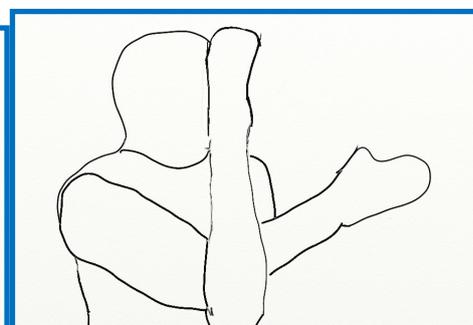
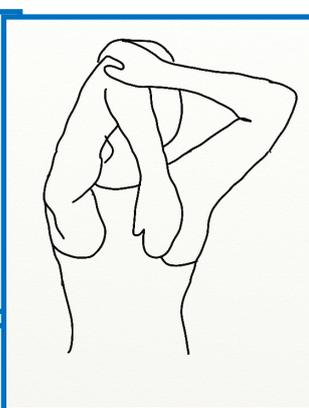
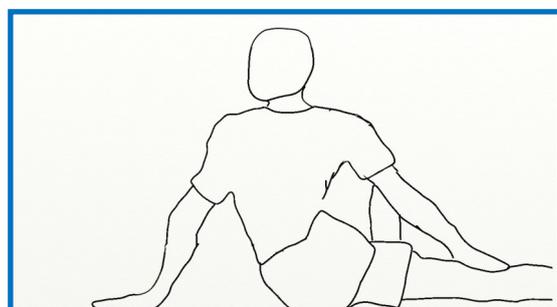
Rotate at the shoulders

Rotate at the hips

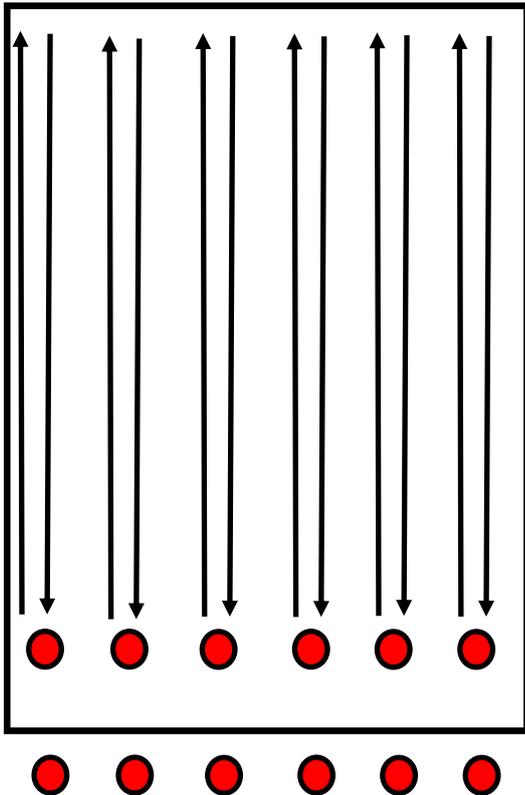
Move the ankles left and right up and down

Look left and right, look up and down

You may wish to do the following stretches with older students perhaps before



## Cooper test



This is a good method of testing fitness levels, it would be good to use at the beginning and end of a unit to show progress.

**Lasts 25—30 minutes**

Split the children into pairs, Number the pairs 1 and 2.

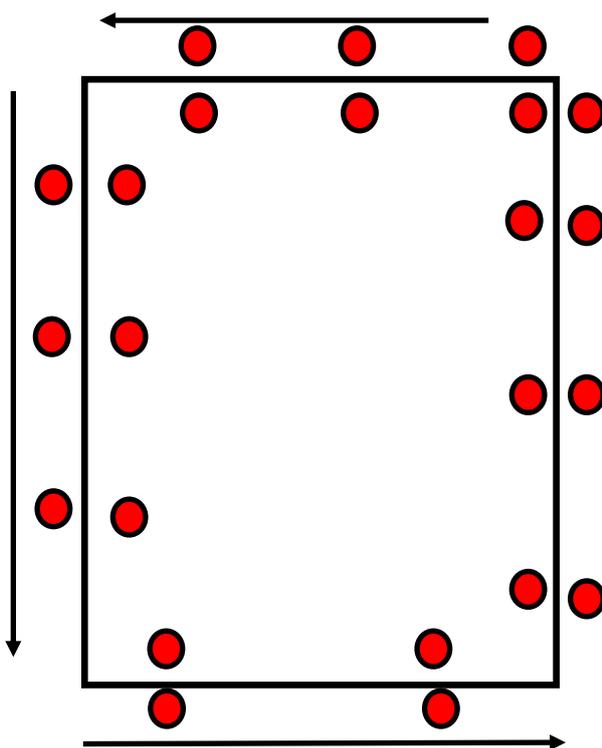
Number 1 will go first, she/he will need to keep running lengths for 6 minutes. There is 1 and back is 2, keep running until the 6 minutes are up.

Give the children a few minutes and mark the scores down.

Ask the pairs to swap roles, number 2 will run and number 1 will count.

Once all the scores are marked ask the children to take a gentle walk, followed by stretches to cool down.

## Circuits



- Cone out or use yard markings to form a large oblong shape.
- Ask the children to form a pair
- One partner stands inside the square and the other outside the square.
- The person on the inside has to do exercises the person on the outside jogs.
- The idea is that the jog is a recovery not a sprint.
- When the jogger comes back to the original point, they swap over.

For instance

Inside squat, outside jog

Inside lunge outside jog

Inside tuck jumps outside jog

Inside burpees or down ups, outside jog

Inside mountain climbers, outside jog

Inside star jumps, outside jog

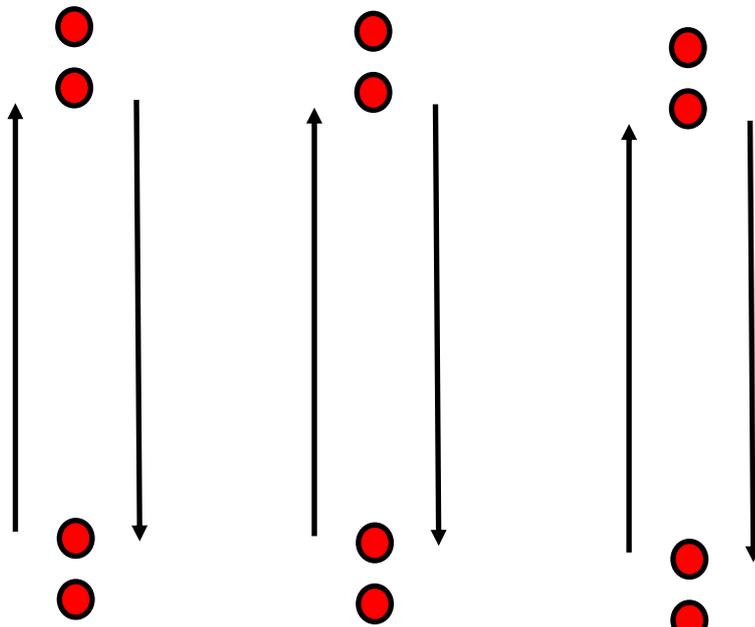
Inside spotty dogs, outside jog

Inside high knees, outside jog

I would repeat each one at least 3 times and give the children a rest after 10-15 minutes then repeat.

To add variety change the jog to skips or side steps. This can be repeated during several lessons, just change the actions used.

## Relay races



Either use lines provided or mark out two lines of cones.

**Lasts 10—20 minutes**

Put the children into groups of 4, 2 on one line 2 on the other line, directly opposite.

Pick which side will start.

The first person will run to their team opposite, when they get there they join the line and the first team mate runs back.

This can keep going .

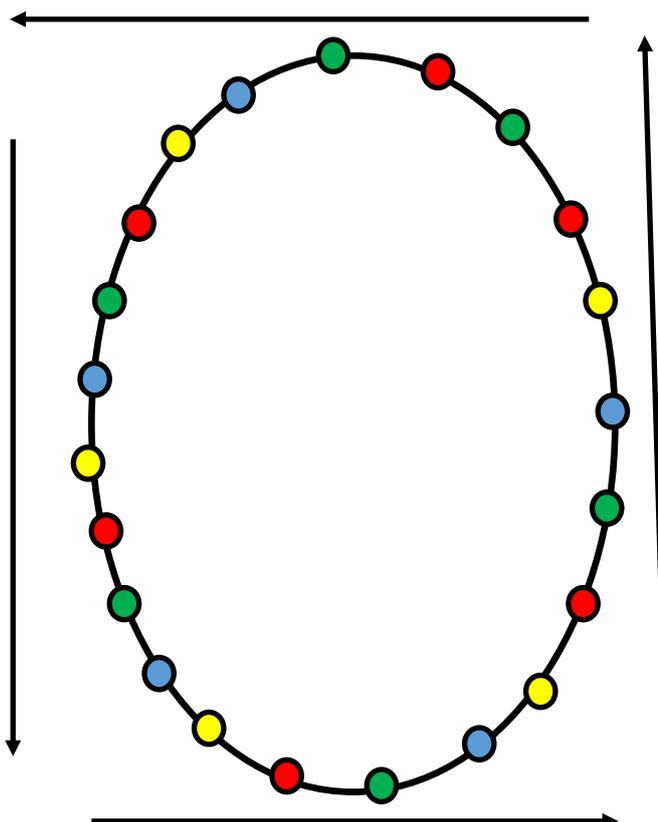
Only one person from each team of four

Every minute change the activity to

Side steps, skips, high knees, heal flicks, hop scotch etc.

To make it harder move the lines further away.

## Relay races — Colour runs



Place cones in a large circle, as large as your yard will allow. Ensure there is room for overtaking.

**Lasts 20—30 minutes**

Very simple place enough cones out for each child.

When the teacher shouts or holds up a colour, the child standing on that colour runs around the circle once.

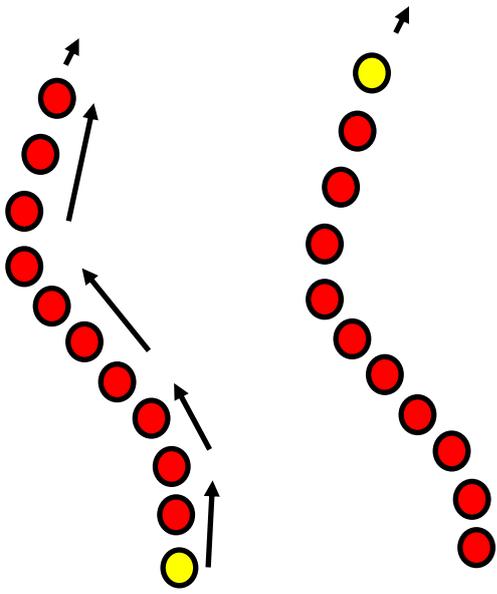
After each child has had a few turns, start calling colours faster. E.g. call red, half way through call blue, when reds are back call yellow and so on.

Encourage children to stay on the outside and run as fast as they safely can.

None runners stand inside the cones, to give space.

Make sure all children run in the same direction.

## Snakes



This is a great task to improve fitness but also teamwork skills.

**Lasts between 10 –20 minutes**

Divide the children into groups of 6—10, the bigger the group the harder the task.

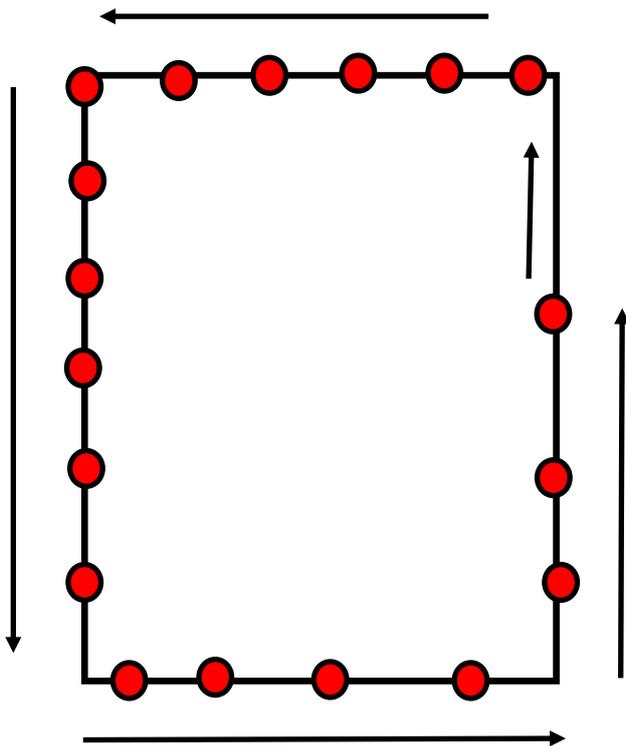
All the children travel like a snake one behind the other, jogging at a slow pace. We do not want to leave anybody behind, so it needs to be a pace all children can do (split the groups into ability level).

The person at the back sprints to the front and momentarily becomes the leader. As soon as she or he gets there she/he shouts GO and the next person at the back sprints to the front.

Continue this for several minutes give a small rest then repeat.

Ensure the children don't bump into other snakes.

## Follow the leader



The aim is to keep moving without stopping, very good for younger children as they can practice their sidesteps in the line.

**Lasts up to 10 minutes**

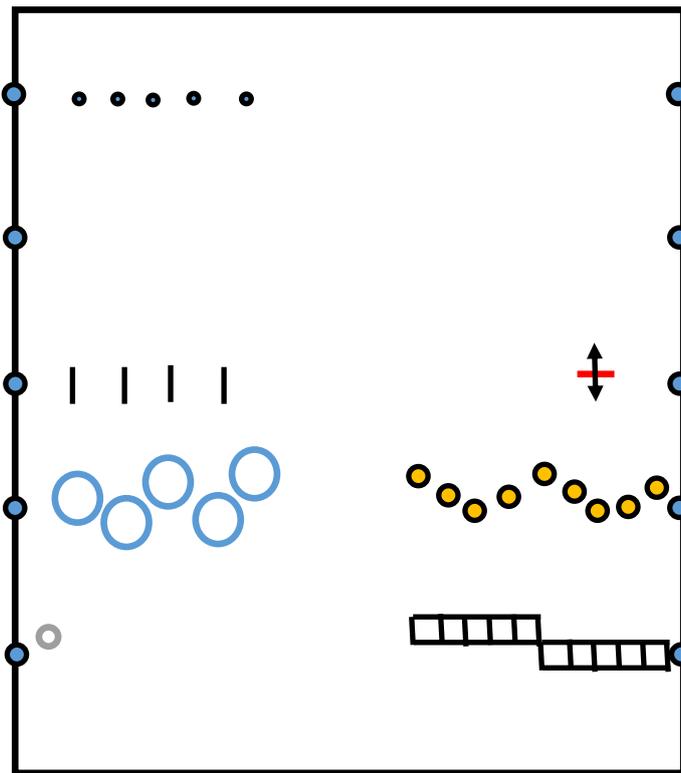
Using a coned area or markings on the yard, ask the children to travel around the yard, they are not allowed to overtake or get too close to the person in front.

Change the action to skipping, sidesteps, hopping, jumping high knees.

If they start to get too close to each other ask them to turn and travel in the other direction.

The aim is to have a steady pace as we don't want them to stop.

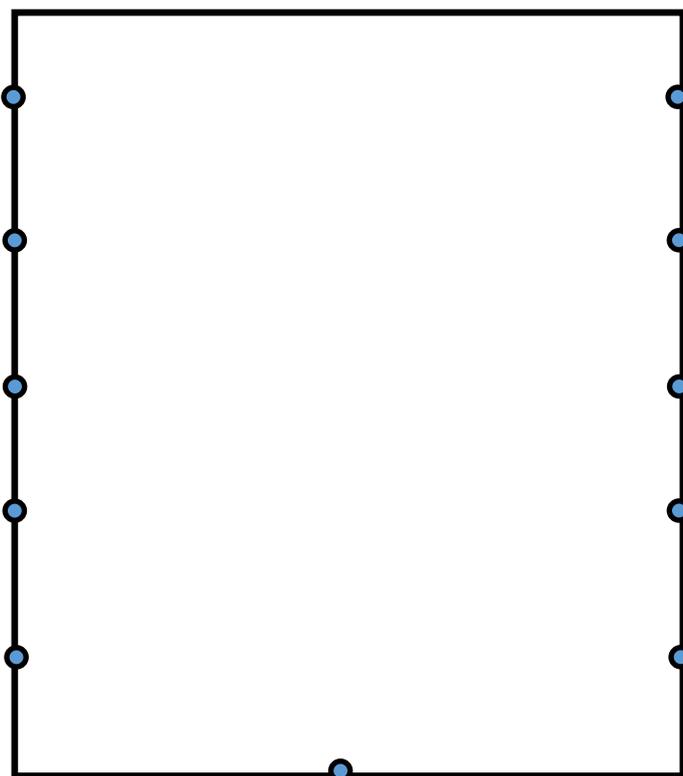
## Circuits



**Lasts between 10 –20 minutes**

- 1) Slalom, running in and out to the line and back.
- 2) Sprint to the line and back
- 3) Over the hurdles to the line and back
- 4) Jump into each hoop, to the line and back.
- 5) Dribble a ball to the line and back
- 6) Side steps, to the line and back
- 7) Skips, to the line and back
- 8) Speed bounce, 5 jumps each, then it's the next persons turn
- 9) Stepping stones, get to the line and back only using the mats.
- 10) Through the ladders to the line and back again.

## Fitness circuits



In groups of 3 or 4, move around the circuit, have 1 minute doing each activity the move around. Have a minute rest before they start the next activity.

1. Squats
2. Updowns/burpees
3. Lunges
4. Star jumps
5. High knees
6. Jogging to the end and back
7. Skipping with ropes or hoops (hoops are easier to clean)
8. Create balances and hold for 5 seconds each
9. Squat jumps
10. Push up (knees if needed)

# Squats

Up downs/burpees

# Lunges

# Star jumps

# High knees

Jogging to the line and  
back, continuous

Skipping with hoops

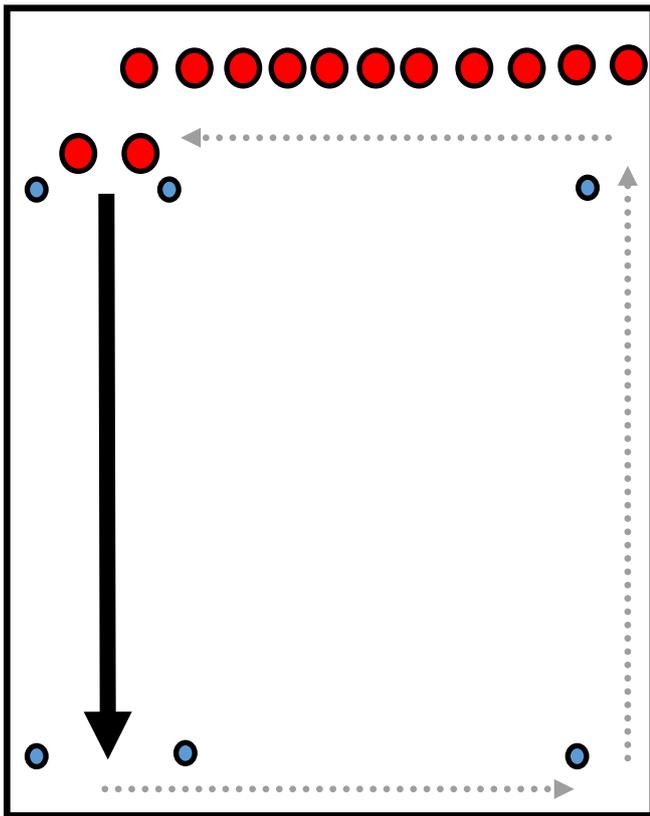
# Balance

Squats jumps

Push ups



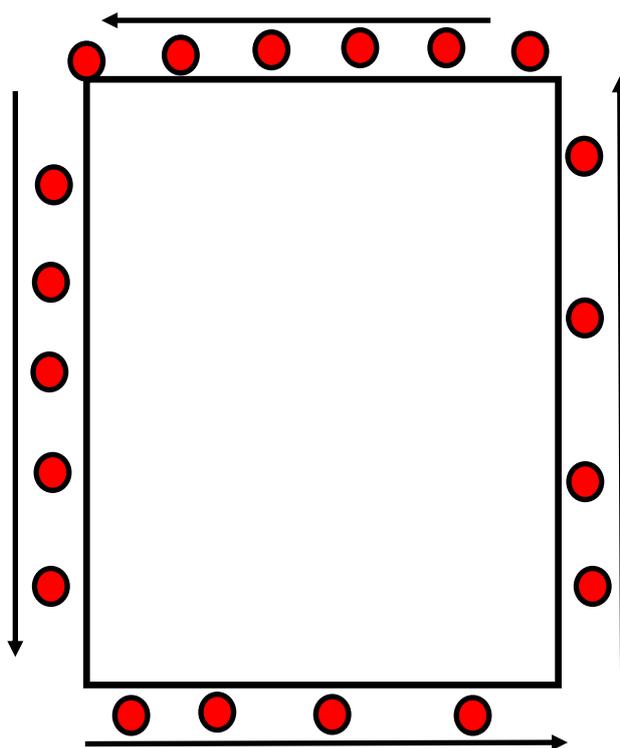
## Speed way



**Lasts between 10 –15 minutes rest then repeat**

- Cone out a large area, the larger the better.
- Line the children up to begin with then set them off very quickly in pairs or 3's.
- The children are asked to sprint down one length of the yard, as fast as they can.
- Explain the importance of using the other 3 lengths as a recovery, they should jog back slowly or even walk.
- The importance is to keep a very fast sprint and very slow recovery.
- Once the children have completed 1 lap they continue, there shouldn't be a need to line up, except from the start.

## Watching the clock



**Lasts up to 10 minutes**

Using a coned area or markings on the yard. Explain to the children, this activity is about pacing, its not about who is the fastest or who does the most laps. But about being able to change speed and continuing at a steady pace without stopping. They are running for a set amount of time, we will alternate jogging and walking

Walk for 2 minutes

Jog for 2 minute

Walk for 1.5 minutes

Jog for 1.5 minutes

Walk for 1 minute

Jog for 1 minute

Walk for 30 seconds

Jog for 30 seconds

**Rest if needed**

Jog for 30 seconds

Walk for 30 seconds

Jog for 1 minute

Walk for 1 minute

Jog for 1.5 minutes

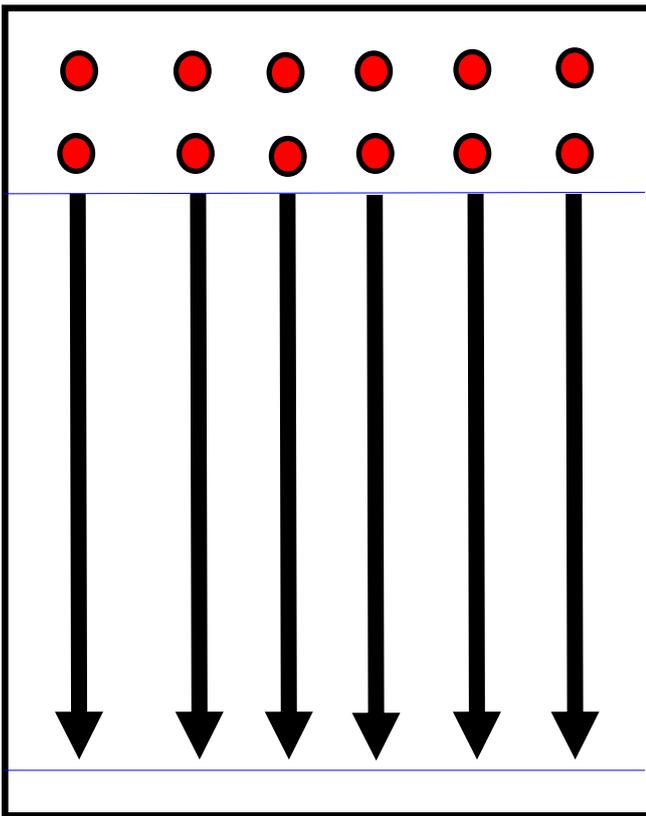
Walk for 1.5 minutes

Jog for 2 minute

Walk for 2 minutes

For more able, turn the walk into jog and jog into run.

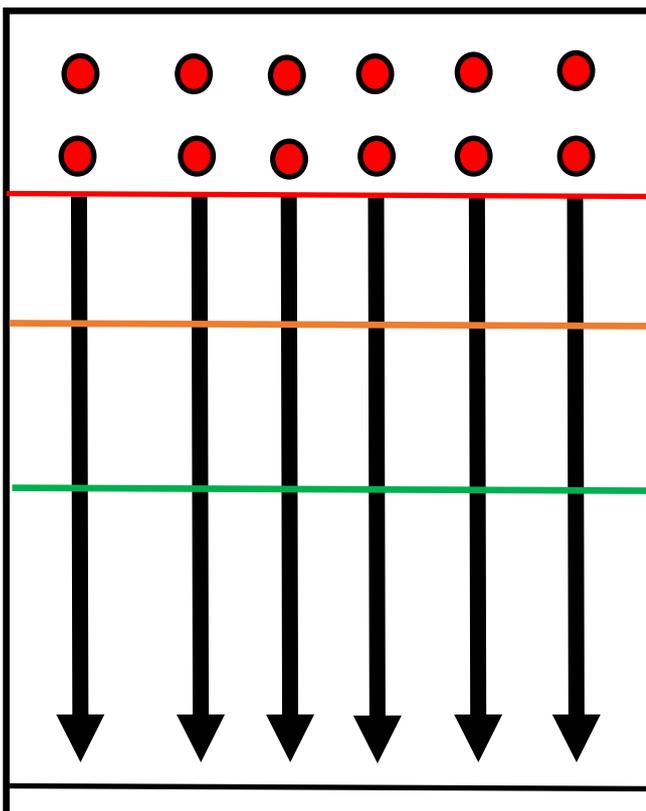
## Sprint mania



**Lasts between 10 –15 minutes rest then repeat**

- This is a good interval training session.
- Ask the children to form pairs, standing on the line of a yard, one behind the other.
- The first person sprints as fast a possible to the end of the yard (ensure there is room to stop).
- Then either walks or jogs back depending on ability.
- Once back the partner does the exact same.
- The aim is to keep this up for about 12 minutes rest then repeat.
- As with previous sessions, highlight the importance of keeping the sprint as fast as possible and resting on the jog back.

## Sprint mania 2



**Lasts between 10 –15 minutes rest then repeat**

- This is a good interval training session.
- Ask the children to form pairs, standing on the line of a yard, one behind the other.
- The first person; walks to the first line, jogs to the next line, then sprints to the end (ensure there is room to stop).
- Either walks or jogs back depending on ability.
- Once back the partner does the exact same.
- The aim is to keep this up for about 12 minutes rest then repeat.
- As with previous sessions, highlight the importance of keeping the sprint as fast as possible and resting on the jog back.