



These plans are made for all primary school aged children to do at home to keep active there are different ways they can be adapted to make easier/harder for each age group (colour coded **BLUE = Rec & KS1**, **GREEN = YEAR 3 & 4**, **ORANGE = YEAR 5 & 6**)

Unit Title: Fitness Ladder Climb

Time	Content	Activity description working individually	Adaptation for 2+ players	Equipment needed	Additional Skills
10 – 15 mins	Practice exercise technique	<p>Practice the technique of 4 specific exercises:</p> <p><b>Jumping Jacks</b> (arms and legs together, jump outwards and back)</p> <p><b>Speed Bounce</b> (jump side to side preferably over an object)</p> <p><b>Burpees</b> (start in press up position, jump in, jump up, back down and back out)</p> <p><b>Squats</b> (feet shoulders width apart, bend knees, back straight and back up)</p>	Second person helps advise technique on each exercise.	None	Peer assessing
10 - 20 mins	Ladder Climb	<p>This activity uses an imaginary ladder:</p> <p>To complete each step of the imaginary ladder you must do a certain amount of repetitions:</p> <p><b>Reps = multiples of 2 (2,4,6.....)</b></p> <p><b>Reps = multiples of 3 (3,6,9.....)</b></p> <p><b>Reps = multiples of 4 (4,8,12...)</b></p> <p><b>You have to see how high up the ladder you can get?</b></p>	If there are 2 or more people you can either work together to see how high you can get or compete against each other to see who can get the highest.	None	Counting