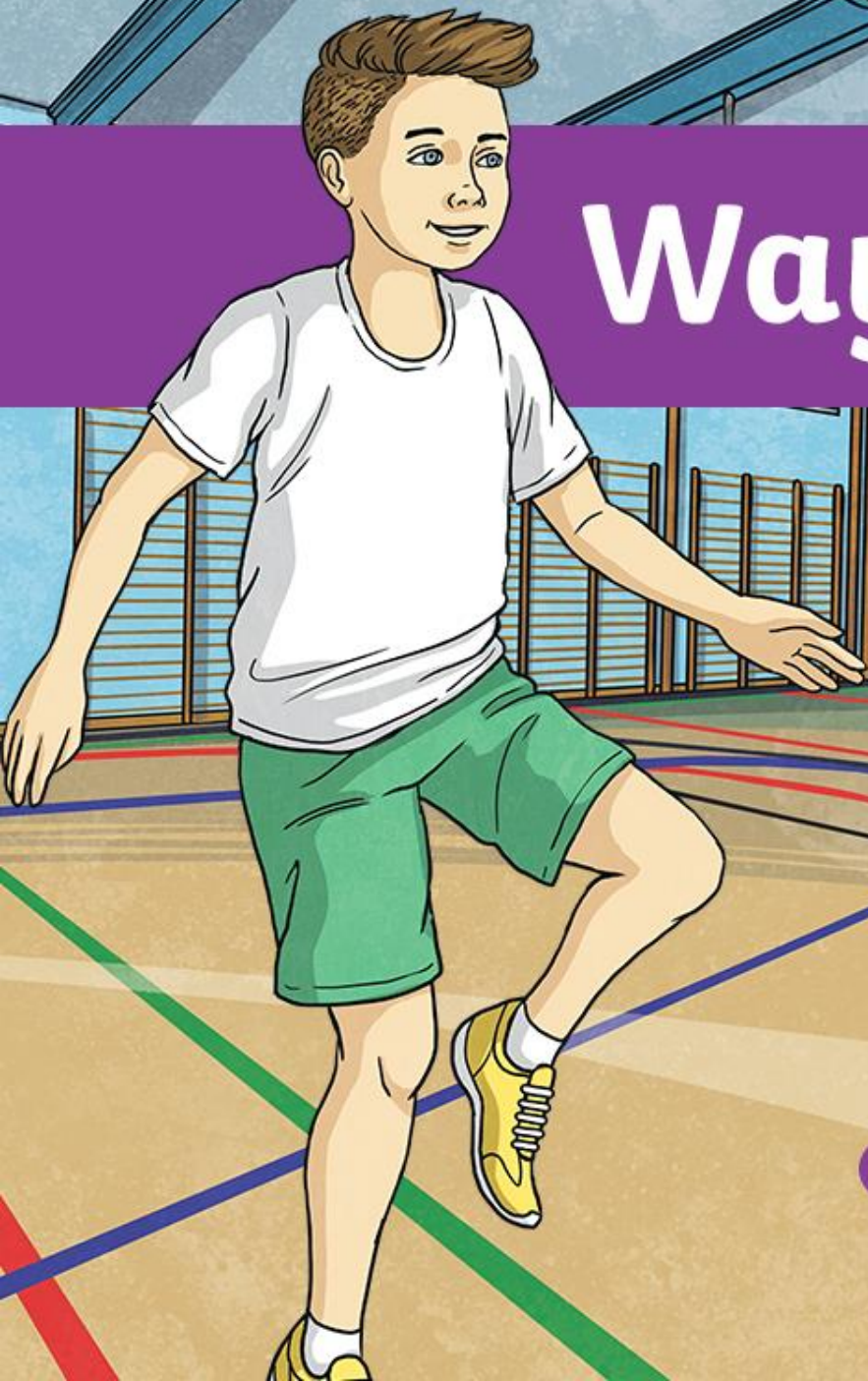


# Ways to Travel



# Aim

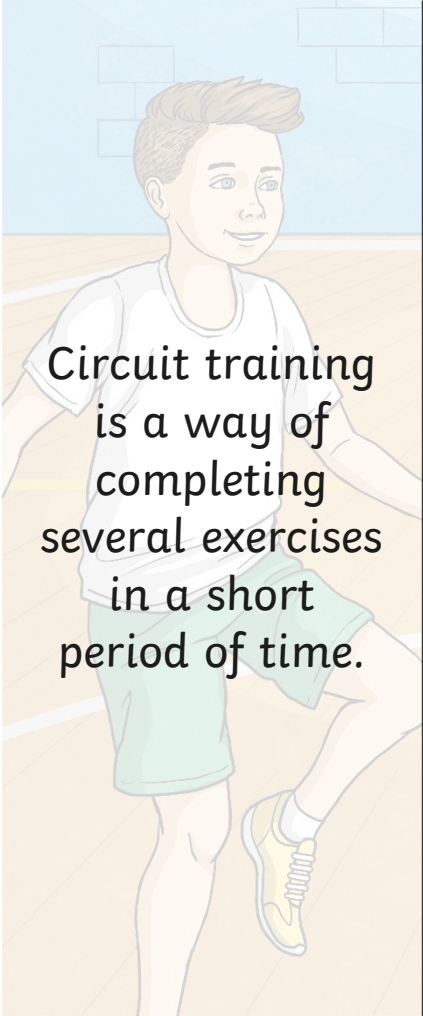
- To travel in a variety of ways.

# Success Criteria

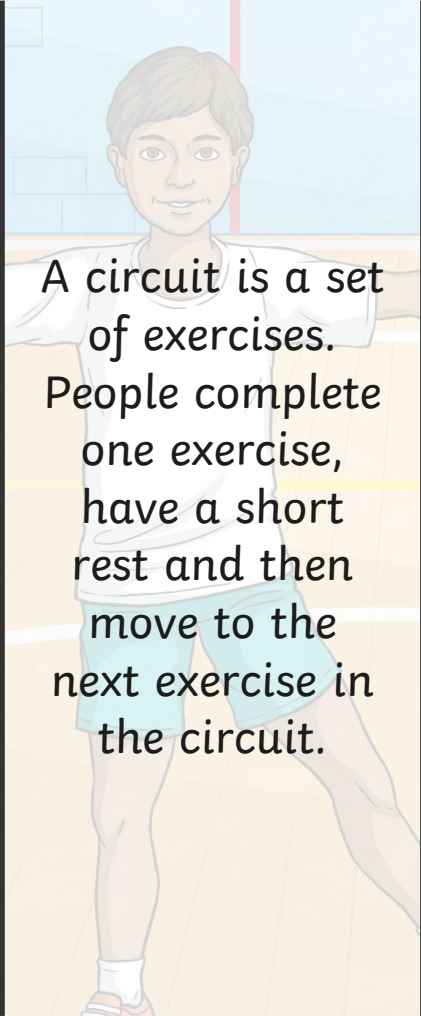
- I can step in different ways.
- I can hop and jump in different ways.



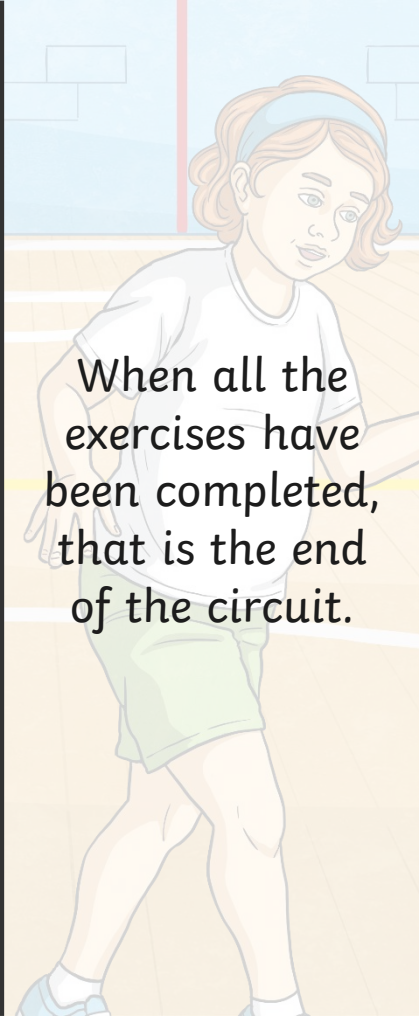
# What Is Circuit Training?




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.

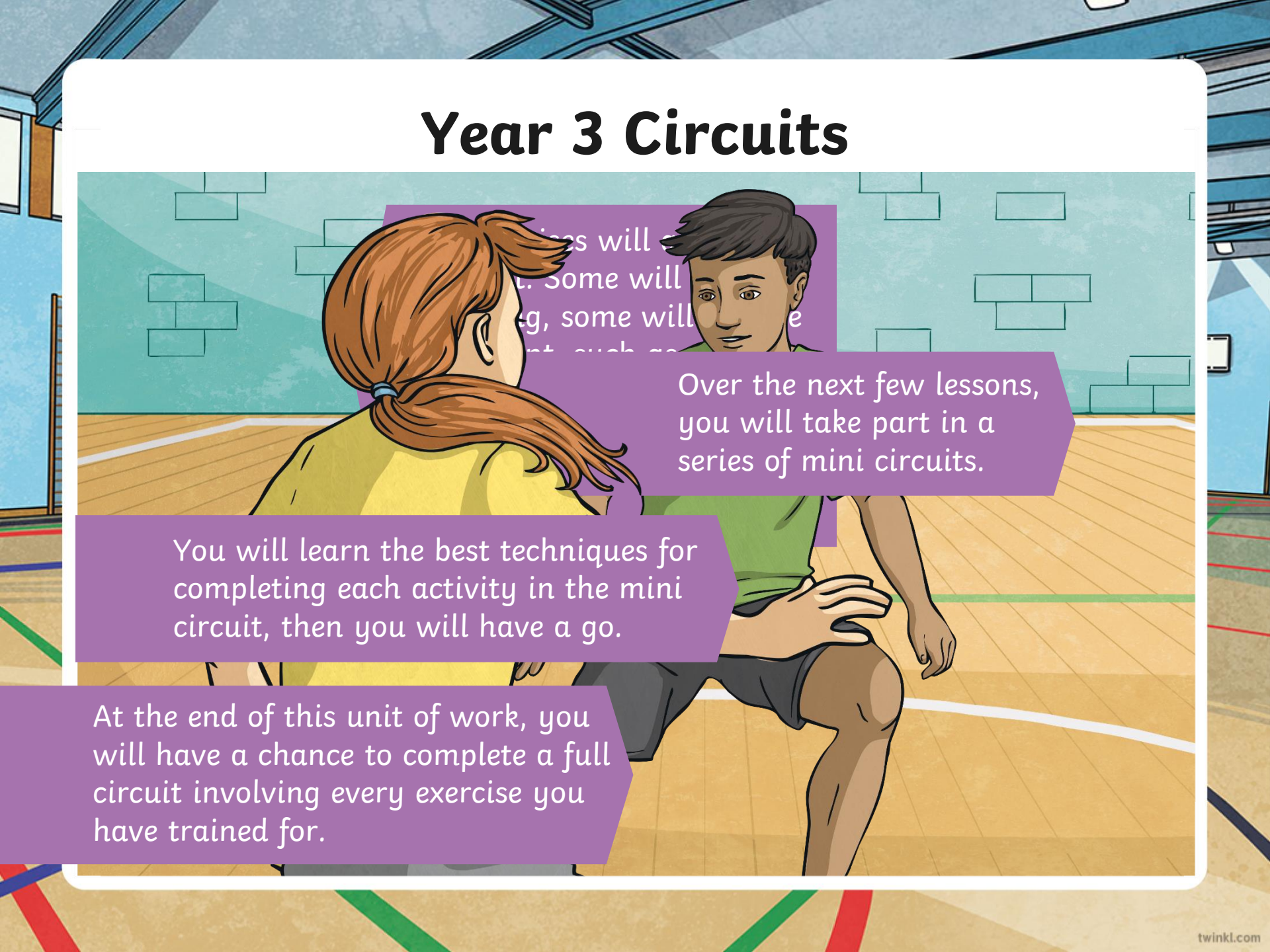


When all the exercises have been completed, that is the end of the circuit.



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

# Year 3 Circuits

An illustration of a young boy and girl in a gymnasium. The girl, with long brown hair in a ponytail and wearing a yellow shirt, is seen from the back. The boy, wearing a green shirt and dark shorts, is facing her. They are standing on a wooden floor with colorful lines. The background shows a blue wall with some rectangular shapes.

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 a 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	Stepp		
	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		





An illustration of a young girl with dark skin and braided hair tied in a ponytail, running in a gymnasium. She is wearing a white t-shirt, teal shorts, and pink sneakers. The gymnasium has a wooden floor with colorful lines (red, green, blue) and a blue wall with windows and wooden beams. A purple banner is overlaid on the image.

**Let's Get Moving**

# Warm-Up: Shadow Boxing



**Make sure you are always standing in an open 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.

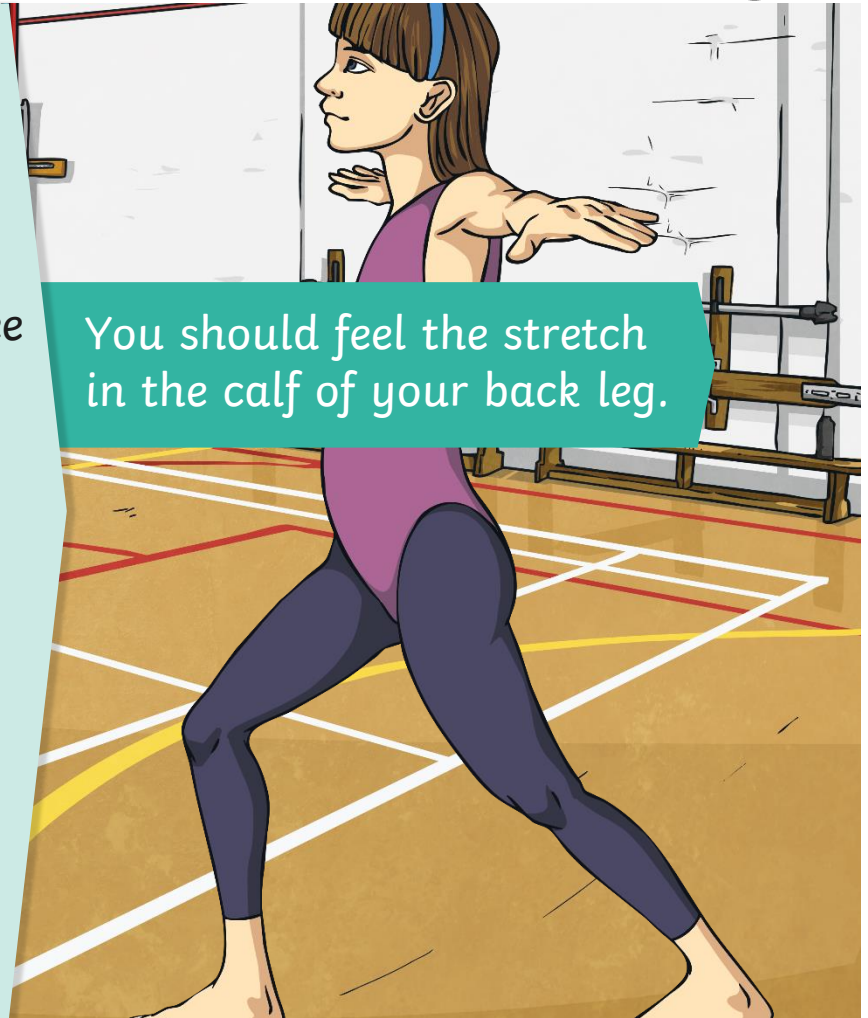


# Calf Stretch



- 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.

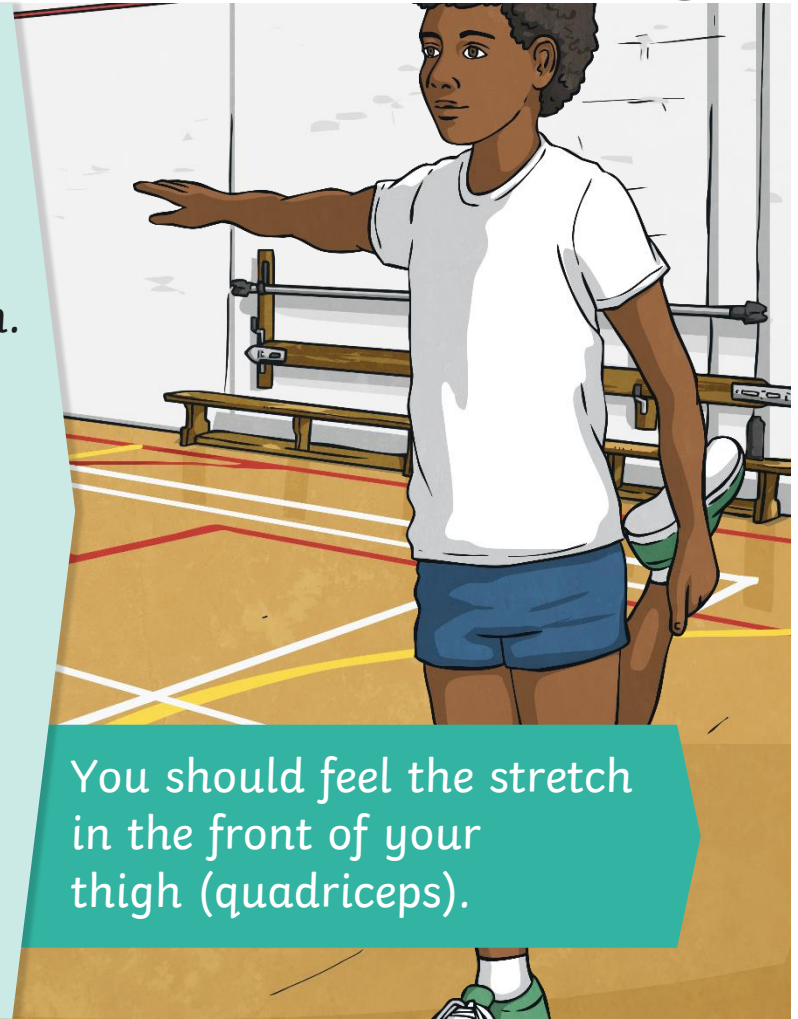




# Quadriceps Stretch



- 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.

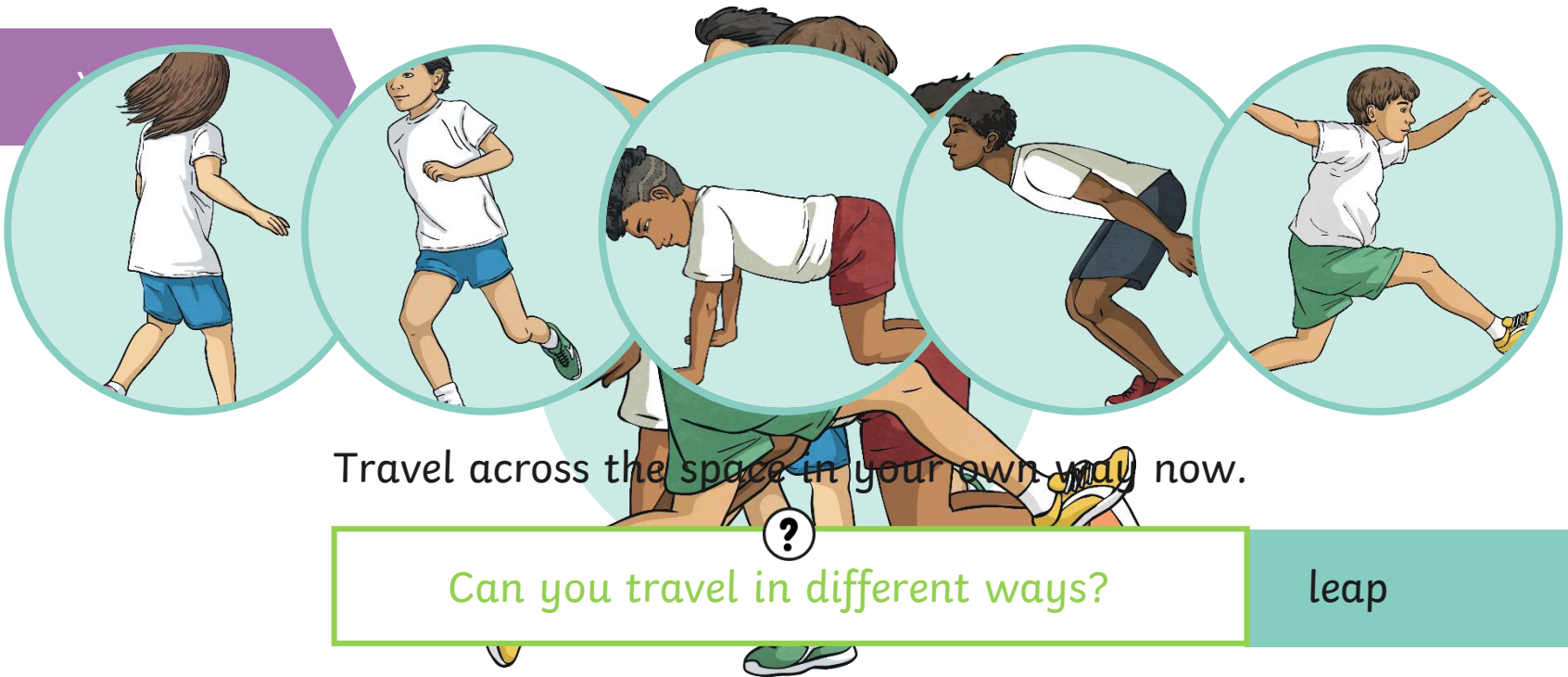


You should feel the stretch in the front of your thigh (quadriceps).

# 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.



Travel across the space in your own way now.



Can you travel in different ways?

leap

Let's have a look at the travelling exercises in our circuit today.

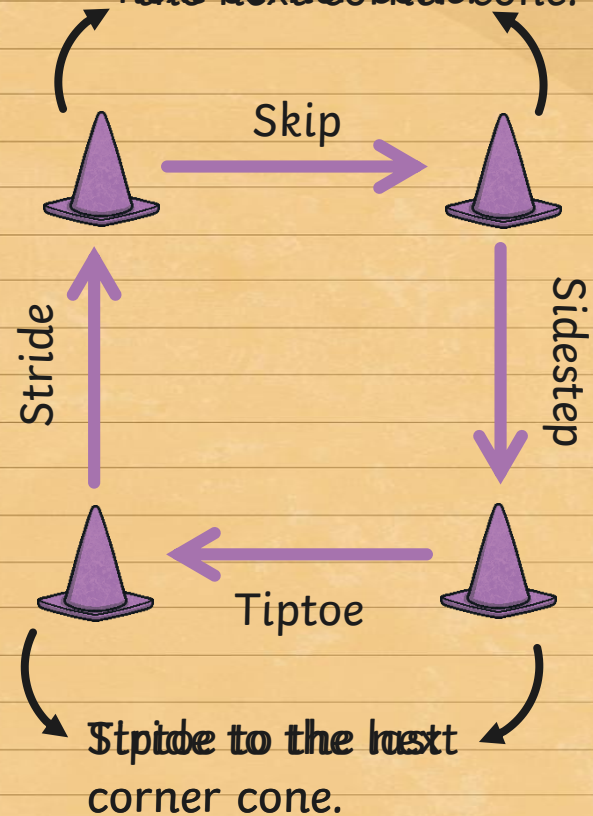


# Stepping Squares

At this point, the children have formed a square. Each child is standing at one of the corners of the square. That is one complete circuit of the stepping square.

Can you travel using a sidestep?

Start at one of the corner cones and skip to the next corner cone.



# Sidestep



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

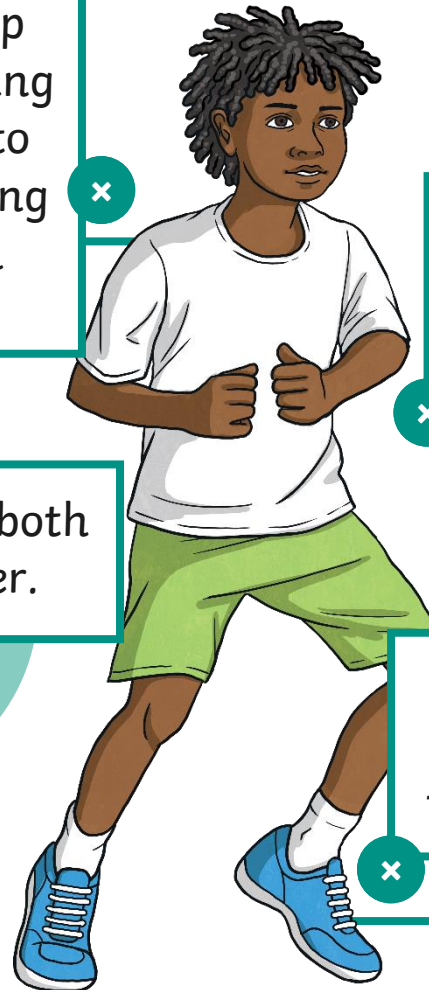
You can also sidestep to the right by moving your right foot out to the right and bringing your left foot to join your right foot.

Continue like this to move in a sidestep.

Start with both feet together.

Bring your right foot to join your left foot.

Move your left foot out to the left.





# Stepping Squares Training



We are going to do a training activity to get ready for Stepping Squares exercise circuit.

You will travel around the space. Begin by **skipping**. When I blow the whistle, you need to travel around the space using a **sidestep**.

Next time I blow the whistle, you need to travel on your **tiptoes**. When I blow the whistle again, you should travel using a large **stride**.

Remember to travel carefully and be aware of other people travelling around the space.

This training will help you prepare for Stepping Squares.

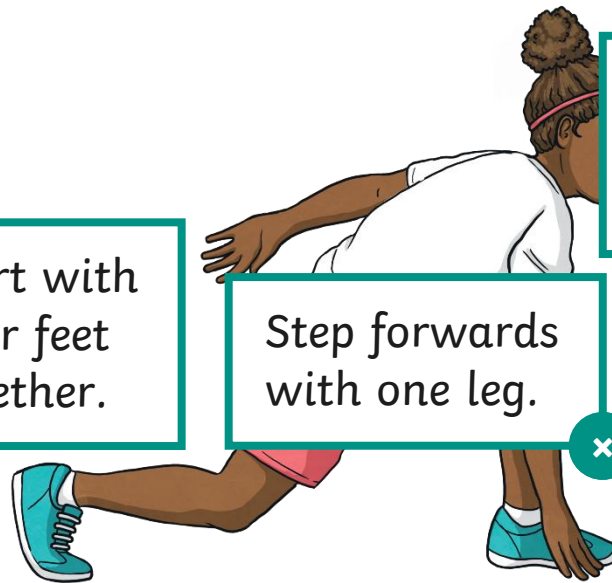
# Lunges



How to lunge:



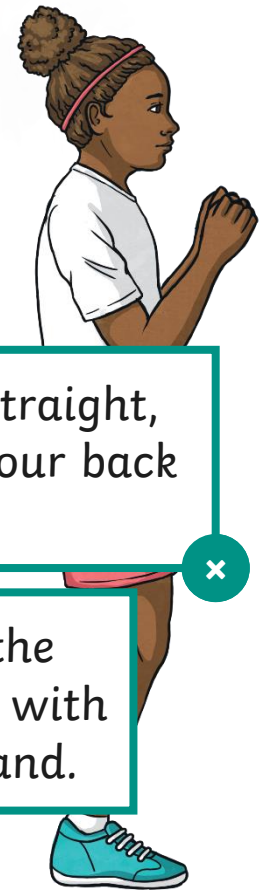
Start with your feet together.



Step forwards with one leg.

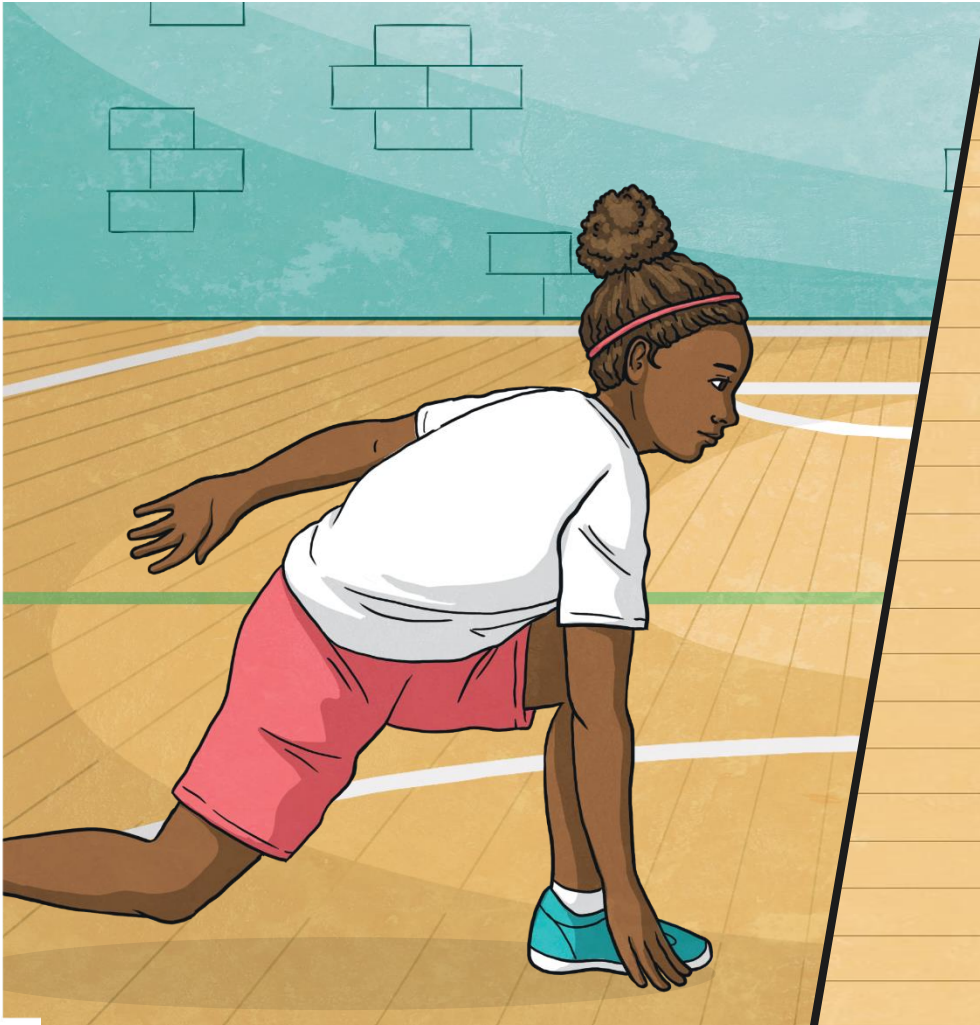
Stand up straight, bringing your back leg in.

Touch the ground with your hand.





# Lunges



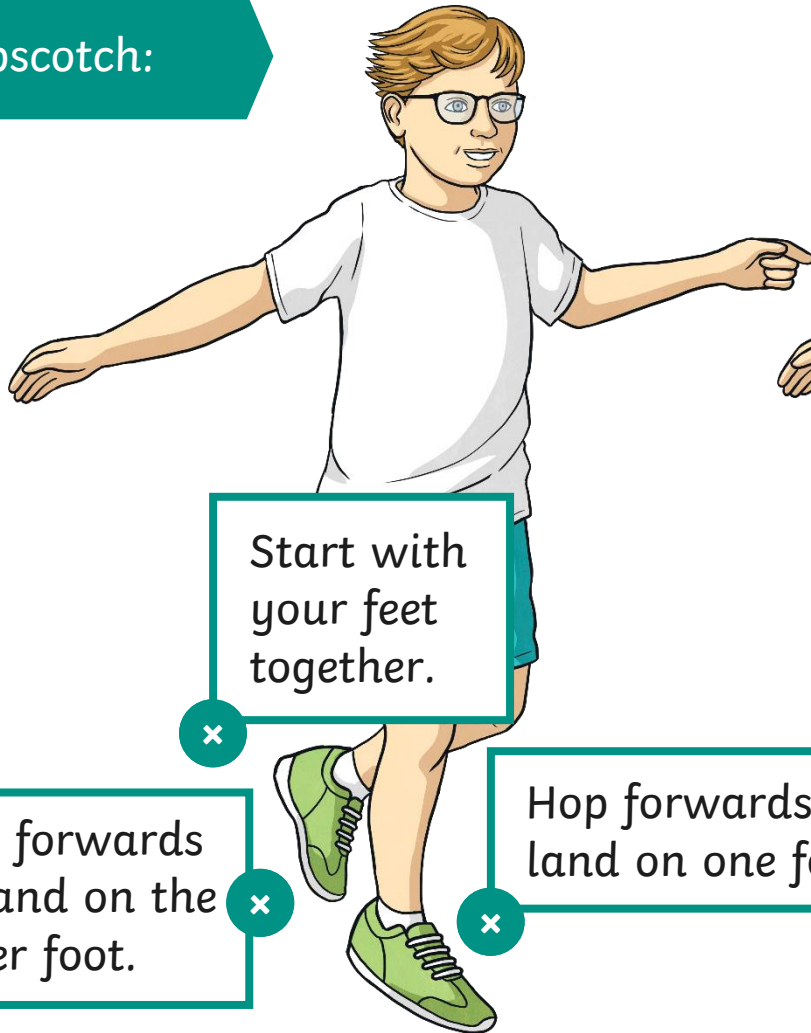
At this station, you will be travelling using a lunging technique.

You will travel between two cones, lunging forward and alternating each leg. You will then turn and travel back to the first cone, again lunging forward and alternating each leg.

# Hopscotch



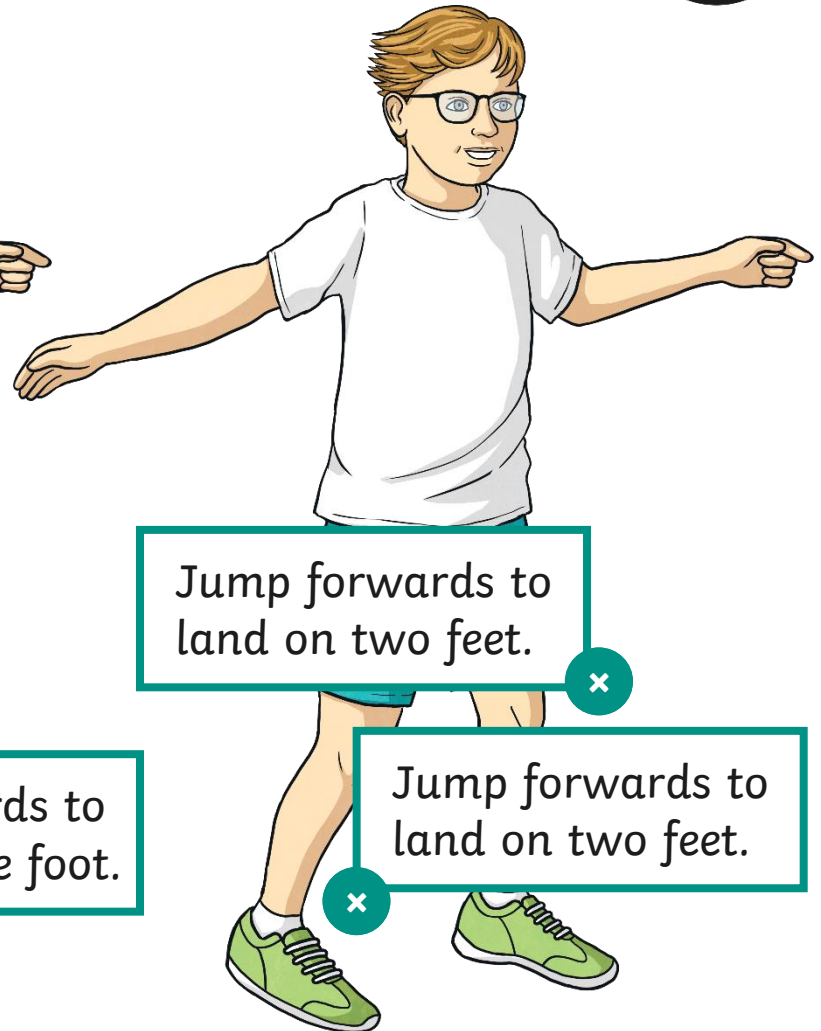
Hopscotch:



Start with your feet together.

Hop forwards to land on the other foot.

Hop forwards to land on one foot.

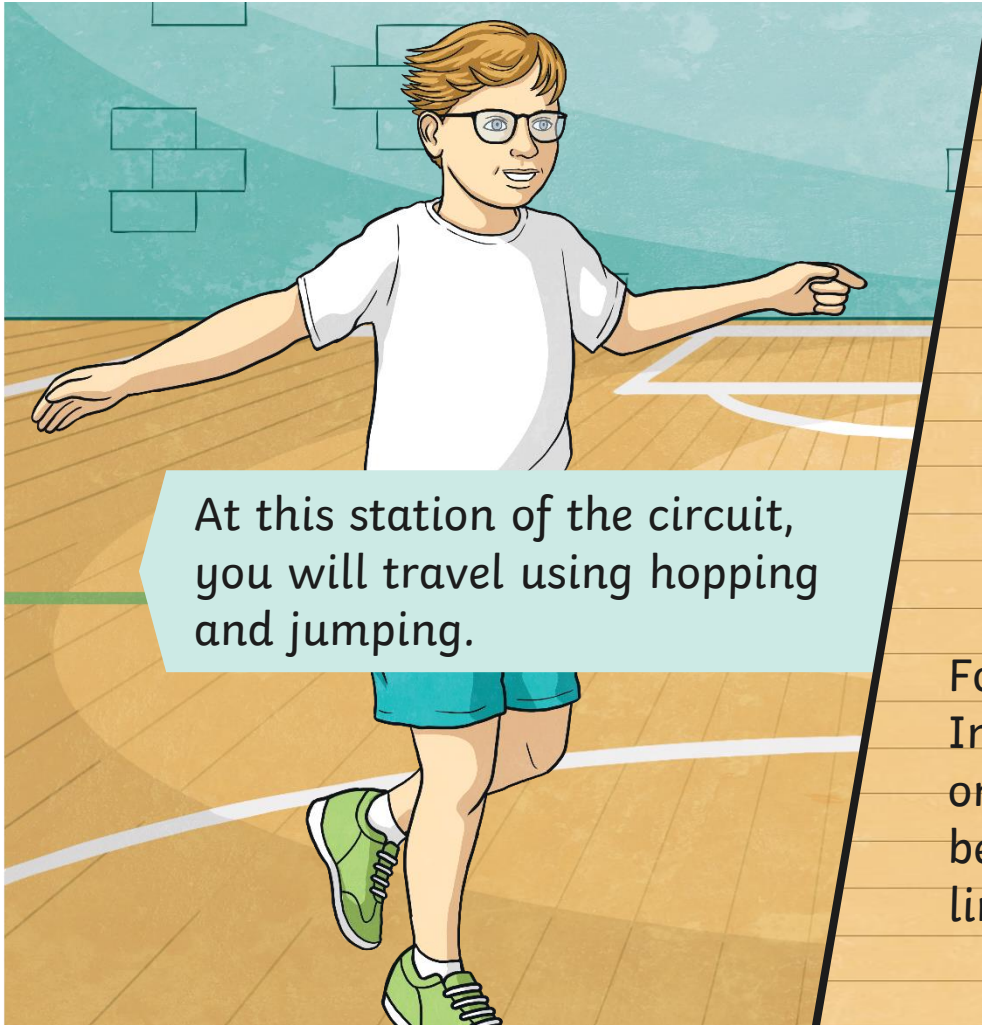


Jump forwards to land on two feet.

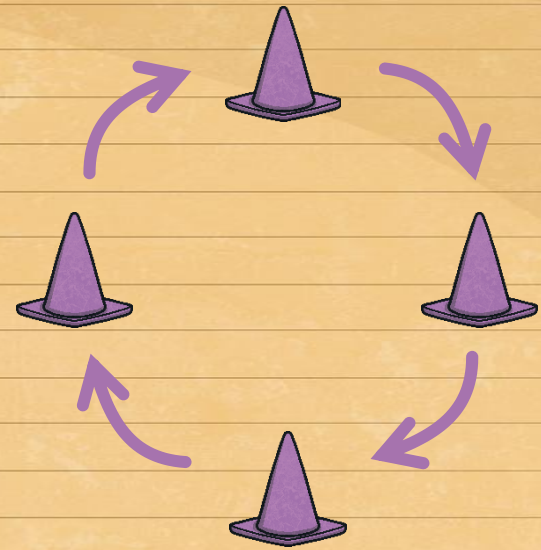
Jump forwards to land on two feet.



# Hopscotch



At this station of the circuit, you will travel using hopping and jumping.



Four cones will be laid out. Imagine that these are four points on a circle. You will hopscotch between them following a circular line of travel.

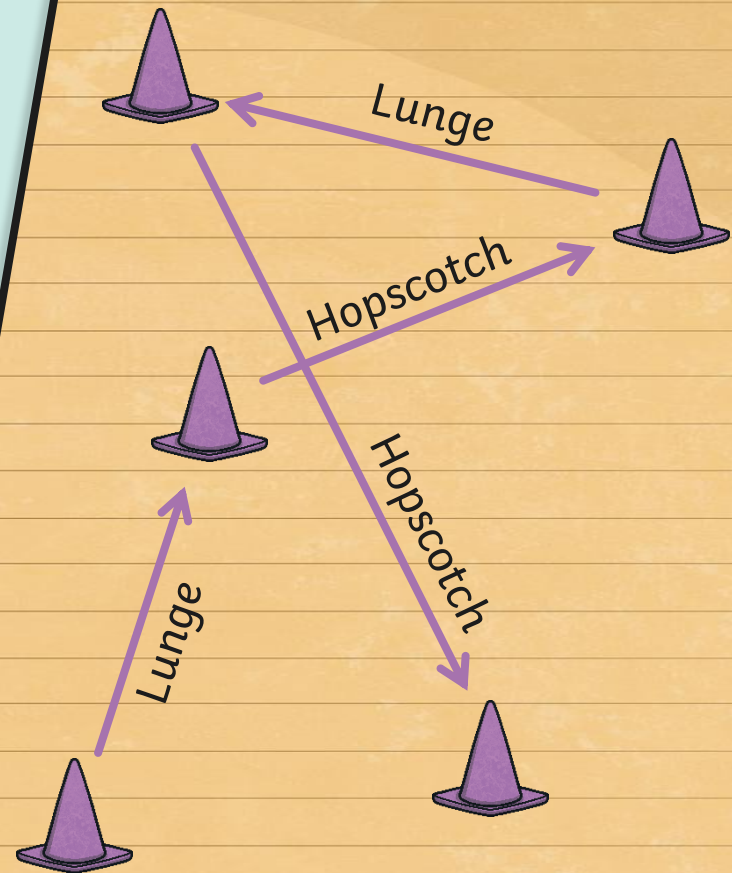
# Lunges and Hopscotch Training



There are a number of cones all around the space. Position yourself next to one of the cones.

Travel using a lunging action until you reach another cone. Once you arrive, travel using a hopscotch action until you reach a different cone.

Swap back to travelling using a lunging action to another cone, then hopscotch to another, and keep repeating.





# The Mini Circuit



Today's mini circuit contains three activity stations: Stepping Lanes, Lunges and Hops.

You will work in a group of four. Each member of your group will complete your own activity. When I blow my whistle, you will all move as a group to the next activity.

You will complete all three activities as many times as you can in the time available. Count how many times you complete each activity and record it on your scoresheet.



# Cool-Down: Animal Shapes



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.

