# Circuit Training: Ways to Travel

#### Australian Curriculum:

Practise and refine fundamental movement skills in a variety of movement sequences and situations (ACPMP043). Practise and apply movement concepts and strategies with and without equipment (ACPMP045). Combine elements of effort, space, time, objects and people when performing movement sequences (ACPMP047).

#### Aim:

To develop flexibility, strength, technique, control and balance in the context of travelling in different ways.

To travel in a variety of ways.

#### **Resources/Equipment:**

**Lesson Pack** 

Access to a large space, cones, whistle, or other alternative such as a tambourine.

#### **Preparation:**

Lesson Pack, Warm-Up and Cool-Down Cards, Stretches Cards, Training Area Plan, Mini Circuit Area Plan, Circuit Training Scoresheet, Differentiated Non-Participation Sheet – as required, KWL Grid

Success Criteria:	Key Questions:	Key Words:
I can step in different ways. I can hop and jump in different ways.	Can you travel in different ways? Can you travel using a sidestep? Can you travel using a lunge? Can you travel using hopping and jumping?	Travel, lunge, sidestep, skip, hop, jump, hopscotch, circuit.

**Prior Learning:** 

Students to complete the KWL Grid to ascertain prior knowledge.

## Let's Get Ready



**What Is Circuit Training?** *Slide 5:* Before getting started, use the **Lesson Presentation** to introduce the unit and explain what circuit training is.





**Year 3 Circuits:** Slide 6: Explain the format and structure of the unit of work, referring to the **Lesson Presentation**.





**Scoring and Marking:** Slide 7: Using the information shown on the **Lesson Presentation**, explain that the children will give themselves a score for each exercise in the lesson and will try to improve on their score in the full circuit at the end of the unit.



## Let's Get Moving



Warm-Up: Shadow Boxing: Slide 9: Refer to the Warm-Up and Cool-Down Cards to introduce the children to this activity.





**Leg Stretches:** *Slides 10 and 11:* Refer to the **Stretches Card** for instructions on how to carry out the suggest stretches - 'Calf Stretch' and 'Quadriceps Stretch'.





**Travelling:** *Slide 12:* Explain that travelling means moving across the space and name some different ways of travelling, referring to the **Lesson Presentation**. Children travel across the space in their own way. Can you travel in different ways? Stop the children and explain that you will now look at the different travelling exercises they will learn for the mini circuit today.



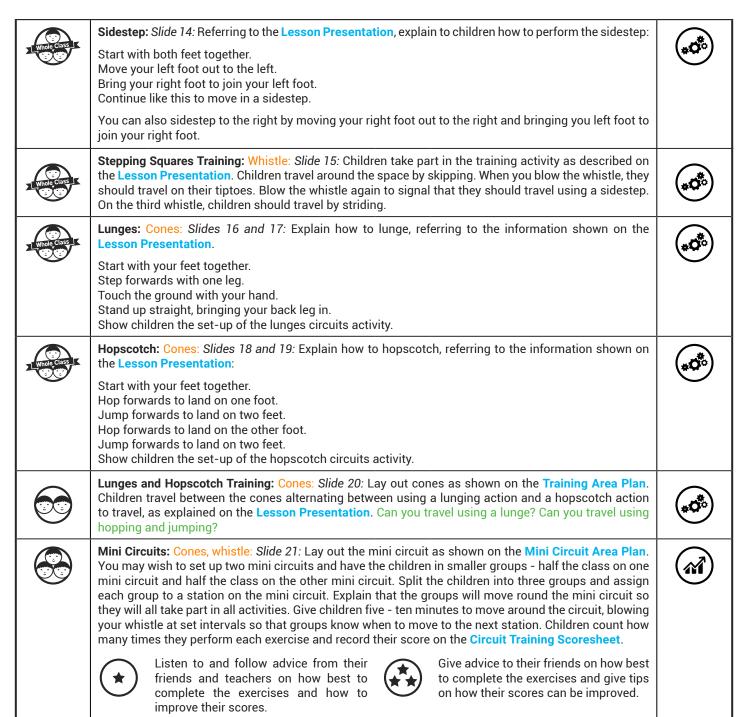


**Stepping Squares:** Cones: Slide 13: Referring to the **Lesson Presentation**, show children the set-up of the Stepping Squares activity and explain the different methods of travel. Can you travel using a sidestep?











Cool-Down: Animal Shapes: Slide 22: Refer to the Warm-Up and Cool-Down Cards to introduce the children to this activity.



### Let's Review



**Travelling Types:** Slide 24: Once back in the classroom, children look at the illustrations of different ways of travelling. Can children match the images with the travelling techniques?



#### **Extra Time:**

Practise the mini circuit activities over time so that the exercises remain familiar to the children and so that they gain confidence with each one.





# **Assessment**

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All	With support and encouragement, begin to travel using a sidestep action.	Children:
	Begin to travel in different ways.	Children:
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Most	Follow instructions to travel using a sidestep action.	Children:
	Travel in different ways.	Children:
Some	Perform a sidestep and a lunge with control.	Children:
	Travel confidently in different ways, maintaining a good speed while doing so.	Children:



