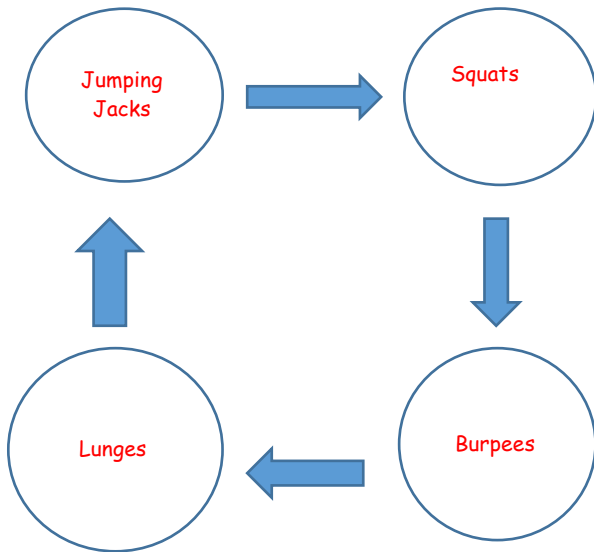




These plans are made for all primary school aged children to do at home to keep active, there are different ways they can be adapted to make easier/harder for each age group.

Unit Title: Fitness

Time	Content	Activity description working individually	Adaptation for 2+ players	Equipment needed	Additional Skills
20 - 30 mins	Fitness obstacle course	<p>Create your own obstacle course in your garden/space that involves different fitness movements.</p> <p>Have 4 stations to move to with obstacles in between, at each station you have to do a number of repetitions of that exercise (5/10/15 etc).</p> <p>Have different obstacles/ways of travelling between exercises.</p>  <pre>graph TD; A((Jumping Jacks)) --&gt; B((Squats)); B --&gt; C((Burpees)); C --&gt; D((Lunges)); D --&gt; A;</pre>	If 2 or more people, then can time each other how long it takes to complete and try to beat each other's attempts.	Nothing	