

Age Group: **Year 4**

Topic: **Fitness- Perform activities to achieve strong muscles using own body weight**

### **1. Starting from where the learner is**

#### ***What do the students know?***

Questions:

- a) From what do you understand that someone is very strong?
- b) How have they become very strong?
- c) How can we become stronger?
- d) How can our muscles gain strength?
- e) What can we do, while at school, to improve the strength in our muscles?

### **2. The learning intention**

Using different muscles groups to gain strength

### **3. Success Criteria**

Perform the right exercise for the correct muscle group/s.

### **4. Questions**

Which muscles/s can you feel working (contracting/relaxing) when we perform each of these movements? Can you suggest an exercise that works up the same muscle?

E.g.   squat                               - quads  
      Handstand                         - arms  
      Pushups (on knees)           - chest

What if I bring my hands closer when I am doing push ups?

How can you make a squat more difficult still using only body weight?

Why should you perform each of these exercises?

### **5. Feedback**

E.g. Handstand

Very Good. Do your best to keep your back as straight as a pencil so the weight is balanced on both arms and you feel your chest muscles working too.

You're nearly there; you have managed to kick the leading leg up. Now push it up a little bit more and bring the supporting foot up with it so that you can manage to go up the handstand. I am here to support you.

### **6. Self Assessment**

Are the exercises you are performing working the intended muscles? (referring to the success criteria) How do you know?

### **7. Peer Assessment**

Students give feedback to each other while practicing various skills/movements/exercises. In the mean time the teacher listens attentively.

