



Hedgehogs and Foxes PE

Monday 9th November

At the Circus



Use objects you may have at home to complete the activities below. Adapt these activities depending on the resources and space you have inside or outside.

10

Mins

Warm Up and Introduction

At the circus:

Ask the children if they have ever been to the circus. Ask them to name some of the different things and people they might see at the circus and show children the resource card. Highlight the trapeze artists, tightrope walkers and clowns. Pupils begin standing in their own space. Ask the children to begin jogging around the teaching space when the music plays. When the music stops can they stop and stand still?

After a few turns change the travelling action to jumping like a trapeze artist. Then, to a tightrope walker, arms out to help them balance whilst walking in a straight line. Finally, a clown imagining that they are juggling as they skip around the teaching space.

25

Mins

Skill Development

Balance circuit:

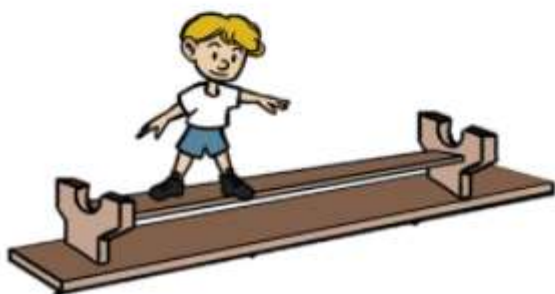
Split the class into five groups and have five balance stations set up. Tell the children that at stations A and B and C they must walk with as much control as possible like they are tightrope walkers practising for the circus. At station D they are trapeze artists jumping through the air and at station E they are a clown practising their juggling skills. All of the stations require a good amount of focus and balance. The children take turns at their station for four minutes. After four minutes the children will rotate to the next station.

A Tightrope walking. Equipment: 1 x bench. Children practise walking along the bench like a tightrope walker.

Hold your arms out to help you balance.

Make this easier by allowing the children to crawl along the bench wide side up.

Make this harder by walking backwards along the bench or by turning the bench upside down and walking along the smaller beam.



B Tightrope training. Equipment: 2 x cones, 1 x beanbag, optional 2 x hurdles and 1 quiet. Children walk between two cones whilst balancing a beanbag on their head.

Keep your head still and eyes focused ahead of you.

Make this easier by using a cone instead of a beanbag to balance on their head.

Make this harder by placing two hurdles between the cones for the children to step over.



C Balance tightrope tracks. Equipment: 2 x skipping ropes, optional 1 x beanbag. Children move sideways along two skipping ropes with their hands on one rope and their feet on the other.

Move one hand and foot and then the other.

Keep your bottom high. Squeeze your tummy muscles.

Make this easier by placing the skipping ropes closer together.

Make this harder by carrying a beanbag on your back.



D Jumping trapeze artists. Equipment: 5 x base stations, 2 x cones. Children imagine they are trapeze artists jumping through the air as they jump from one base station to another pausing in between each jump and landing in a balanced position.

Jump and land on two feet. Bend your knees on landing. Squeeze your muscles to help you to stay still when landing.

Make this easier by placing the base stations closer together.

Make this harder by hopping on the base stations.



E Juggling clowns. Equipment: 1 x beanbag, 3 x cones. Children walk from one cone to the other whilst throwing a beanbag in the air and catching it in a cone.

Keep walking in a straight line. Throw the beanbag just to head height and watch it as you catch it in your cone.

Make this easier by catching in hands instead of a cone.

Make this harder by completing the task whilst walking along a bench.

