

Year 9 Enrichment: PHYSICAL: Mixercise

Unit Title: Mixercise

Number of lessons: 9 doubles

DofE: Physical

Lessons: *(pupils split into three groups)*

1. Boxercise

45 minutes of boxercise as you have taught in previous years – swap half way and repeat with the second group. Please use the attached slide outcome screen template for your presentation. Pupils have chosen to complete this rotation. Please use time in your lesson to ask pupils to identify a goal for their 'Physical section' and to write this on their sheet in their personal organiser. This is included as a slide in the attached presentation.

2. Running W2 in Astley Park

Walk to Astley Park with KJS and RLR. Complete 45 minutes of running tasks including a warm up, stretches, a Couch to 5k session of roughly 25 minutes, a cool down and stretches. Swap the pupils over half way and repeat with the other half. Please factor in time to walk back to school.

3. Tai Chi

2 full lessons completing Tai Chi in the Armstrong Centre with Mixercise group 1. Register the pupils in A3 first and then escort them to the Armstrong Centre. Anne Banks is joining you to deliver this. Ideally please pick her up at the end of lunch to allow her time to set herself up ready for the class before you register in A3.

4. Tai Chi

Repeat of above with Mixercise group 2.

5. Fitness

45 minutes of fitness circuit activities. You can come up with this yourself or I am happy to plan this for you. We do have access to some old PE mats, skipping ropes and hula hoops if you would like to incorporate these. Again completing suitable warm ups and stretches before pupils complete a circuit of activities. Happy to plan as little or as much as you would like to help you with this – please just let me know either way. Please bare in mind that A3 has less space so you may want to plan some activities for pupils on the basketball courts.

6. Running W5 in Astley Park

Same as Running W2 in Astley Park.

7. First Aid/Running W6

45 minutes of first aid training as you have taught in previous years then complete 45 minutes of running tasks including a warm up, stretches, a Couch to 5k session of roughly 25 minutes, a cool down and stretches. You have Mixercise group 2 for the full double lesson whilst Mixercise 1 are doing Tai Chi.

8. First Aid/Running W6

Repeat of above with Mixercise group 1.

9. Just Dance

45 minutes of Just Dance videos with the pupils after a suitable warm up – swap half way and repeat with the second group.

THE OTHER HALF

1. Running W1

Complete 45 minutes of running tasks including a warm up, stretches, a Couch to 5k session of roughly 25 minutes, a cool down and stretches. Swap the pupils over half way and repeat with the other half.

2. Expedition trek in Astley Park

Walk to Astley Park with AJW and RLR. Pick up the rucksacks from the lock up on the way (you will be given a key). Complete a walking around the edges of Astley Park. Please liaise with JJN about the route she usually used around the park – into the trees and mud! Swap the pupils over half way and repeat with the other half. Please factor in time to walk back to school.

3. Exercise videos/Running W3

45 minutes of exercise videos and then complete 45 minutes of running tasks including a warm up, stretches, a Couch to 5k session of roughly 25 minutes, a cool down and stretches. You have Mixercise group 2 for the full double lesson whilst Mixercise 1 are doing Tai Chi. I have attached a presentation for you to use, but please adapt and use other videos if you wish. The pupils generally enjoyed the Zumba video last year and this a longer video and a shorter video included on the slide. Please avoid using Just Dance as Toni is using this in a different week, but you can add any videos you like otherwise into the lesson. Once you are happy with the different videos you would like to use send the presentation to Dave Mason who will embed the videos to play automatically for you.

4. Exercise videos/Running W3

Repeat of above with Mixercise group 1.

5. Running W4

Complete 45 minutes of running tasks including a warm up, stretches, a Couch to 5k session of roughly 25 minutes, a cool down and stretches. Swap the pupils over half way and repeat with the other half.

6. Expedition trek in Astley Park

Same as Expedition trek in Astley Park.

7. Tai Chi

2 full lessons completing Tai Chi in the Armstrong Centre with Mixercise group 1. Register the pupils in A3 first and then escort them to the Armstrong Centre. Anne Banks is joining you to deliver this. Ideally please pick her up at the end of lunch to allow her time to set herself up ready for the class before you register in A3. Ideally take part with the pupils.

8. Tai Chi

Repeat of above with Mixercise group 2.

9. Running W7

Complete 45 minutes of running tasks including a warm up, stretches, a Couch to 5k session of roughly 25 minutes, a cool down and stretches. Swap the pupils over half way and repeat with the other half.

Prior knowledge: (What are we assuming that pupils know from KS2/3? What do pupils need to know before they learn it?)changes result

Science: key features of the body / muscles etc

Physical skills from Dance / PE

Common misconceptions

What is needed in a First Aid kit

How to treat burns / how long you run your burn under water

Running is easy!

Fitness is just sports.

Key substantive knowledge: <ul style="list-style-type: none"> • How the body works • Physical exercise is good for your health • Relaxation is crucial in your life <ul style="list-style-type: none"> • Benefits of looking after your health 		
Key disciplinary knowledge: Running correctly with the right technique. How to relax. How to walk with a heavy rucksack on your back.		
Assessment opportunities: Questioning during First Aid session First Aid techniques are tested during the expedition where pupils have to react to an ‘emergency situation.’		
Key terms: Tai Chi Boxercise Meditation Mindfulness Discipline Body regulation Balance Benefits CPR Recovery position Resuscitation	Cross curricular aspects / Numeracy / Literacy / British Values / Careers aspirations / Citizenship / SMSC Science – learning about the body PE / Dance – balance and stretching techniques SMSC – social concerns – pupils learning about how to help others (First Aid)	
PLTs: Independent enquirer Effective participant Team Worker Creative Thinker	Christian values: Service Wisdom Peace	Character attributes Caring for others Citizenship resourcefulness
Hinterland: (“Hinterland” refers to the supporting details, the examples, anecdotes and experiments that students don’t need to remember accurately, but that furnish the richness of their understanding and contribute to the building of tacit knowledge) Knowledge of bodily functions and ailments Knowledge of outdoor activities (pupils learn specifically about First Aid that might be useful during a expedition)		

Lesson Objective:	Lesson Outcomes:	Key strategies (key subject knowledge and pedagogical subject knowledge)	Assessment opportunities
To take part in Tai Chi exercises	Pupils can: <ul style="list-style-type: none"> • Explain why relaxation techniques are beneficial for wellbeing and stress relief • perform basic Tai Chi phrases, improve focus, strength and balance 	Key substantive: Pupils know: <ul style="list-style-type: none"> • the importance of relaxation and finding activities which help to control stress and anxiety 	Questioning about the importance of relaxation

To take part in boxercise exercises	Pupils can: <ul style="list-style-type: none"> • Perform basic boxercise moves • Explain why physical activity is good for wellbeing 	<i>Key substantive</i> Pupils know: <ul style="list-style-type: none"> • the benefits of physical exercise • how to perform boxercise moves 	
First Aid	Pupils can <ul style="list-style-type: none"> • explain the items needed in a basic First Aid kit • put each other in the recovery position and know the benefits of doing this. • react to a variety of emergency medical situations • explain what to do if someone has accidentally eaten something poisonous 	<i>Key substantive</i> Pupils know: <ul style="list-style-type: none"> • How to perform CPR • how to put someone in the recovery position • how to treat basic burns / cuts / grazes / bleeding / asthma attacks • what poison does to your body 	Enquiry questions First Aid techniques are tested as part of the expedition held at the end of the year.
Take part in running – couch to 5k	Pupils can <ul style="list-style-type: none"> • explain the benefits of improving fitness • Increase the time they can run for over a period of time 	<i>Key substantive</i> Pupils know: <ul style="list-style-type: none"> • the benefits of physical exercise • how to build up running 	
Take part in an expedition trek	Pupils can: <ul style="list-style-type: none"> • walk with a heavy rucksack on their back in preparation for their expedition. 	<i>Key substantive</i> Pupils know: <ul style="list-style-type: none"> • how to accurately put a rucksack on your back tying it in the right places to take weight off your shoulders. 	