

maudesport

Part of  Education Group

AN INDOOR PE LESSON PLAN FROM MAUDESSPORT

Fitness Fiesta



Lesson Plan: Indoor PE - Fitness Fiesta

Objective:

To engage secondary school students in a fun and dynamic indoor PE session, promoting cardiovascular fitness, teamwork, and flexibility.

Materials Needed:

- Gymnasium or large indoor space
- Cones
- Gym mats
- Bluetooth speaker
- Stopwatch or timer



Warm-Up (10 minutes):

Begin with a brief dynamic warm-up to get the blood flowing. Include activities such as jogging in place, high knees, arm circles, and dynamic stretches.

Emphasise the importance of warming up to prevent injuries during physical activity.

Fitness Circuit Challenges (20 minutes):

Set up several fitness stations around the gym.

- Station 1: Jumping Jacks
- Station 2: Mountain Climbers
- Station 3: Burpees
- Station 4: Plank
- Station 5: High Knees

Students will rotate through each station, spending one minute at each.

Encourage friendly competition and personal improvement.

Dance Party Extravaganza (15 minutes):

Pump up the energy with a dance session.

Play a mix of upbeat music.

Encourage students to express themselves through dance, emphasizing creativity and movement.



Team-building Challenges (10 minutes):

Human Knot: Have students form a circle, grab hands with two people across from them, and work together to untangle the knot without letting go.

Trust Falls: Pair students up, and have one person fall backwards while the other gently catches them.

Relay Races: Set up a simple relay course with cones and have teams compete.

Yoga and Mindfulness (15 minutes):

Transition into a brief yoga session to focus on flexibility and mindfulness.

Guide students through basic yoga poses such as downward dog, warrior pose, and child's pose.

Incorporate breathing exercises and a short meditation session.



Cool Down (5 minutes):

- Finish the session with a cooldown to gradually bring the heart rate down.
- Include static stretches focusing on major muscle groups.
- Emphasize the importance of proper cool down for recovery.

Closing Thoughts:

Gather students for a brief reflection on the indoor PE session.

Ask for feedback on their favourite activities and any suggestions for future sessions.

Remind them of the importance of staying active, even when outdoor activities are not possible.



Note: *Adapt the intensity and complexity of activities based on the fitness levels and preferences of the students. Always ensure safety by providing clear instructions and monitoring participants during activities.*