

Year 5 PE task

Health related exercise, leadership and team building – design a circuit

Task – Choose a sport, an area of PE that you enjoy or would like to know more about. Your task is to design a short circuit with 6-8 stations that help to improve your skills in that area of PE or sport. You need to think about what key skills you need for that sport or area of PE and then prioritise which are the most important. Next, think of some short simple activities which help you to practise those key skills. You can draw your circuit activities and write the rules or just list them as I have done below.

Key things to remember in your circuit

- Make sure there is rest time in between each station
- Make sure the activities are relevant
- Make sure the activities are fun
- Try not to put similar activities next to each other in your circuit.

Here's my example circuit for football skills:

Stations

1. Keepy uppies – try to do as many keep yuppies as you can in 1 minute, if you drop the ball start counting again.
2. Shuttle runs with a ball – set out some shuttles at varying distances. Dribble to each and back in order of distance with the ball. Think about what turn you might use at each shuttle. You have 1 minute to do as many as you can.
3. Dribble and shoot – Dribble up to the goal and shoot aiming for the corners, then collect the ball and dribble back. You have 2 minutes to get off as many shots as you can so keep them on target!
4. Quick passing – you can use a wall or a partner to make as many short passes as you can. Control with 1 foot and pass with the other. You have 1 minute.
5. Under control - toss the ball straight up and try to control it. You have 1 minute to control the ball as many times as you can.
6. Dribbling agility run – set out a short agility course with short straights and lots of turns. Dribble through the course as many times as you can in 1 minute.

My circuit will have 1 minute rest time in between each of the stations and will be completed 3 times altogether.

Next, I would like you to complete your circuit 2-3 times each week over the next 2 weeks. Rate your success from 1-10 for each of your stations, 1 being not very successful and 10 being really successful, after each session. See if you improve? What would you change next time? What worked really well?

Finally, you can deliver you circuit to a family member or share with a friend. Make sure your instructions are clear. Have clear rules to follow. Keep it fun. Diagrams or pictures really help when explaining an activity.

Good luck

