



Sunshine Gym
Outdoor Fitness Equipment

Outdoor Gym Equipment Lesson Planner

Week One

Initial Introduction



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1 Warm Up - Cups and Saucers

1. Split the group into 2 teams and scatter cones around the floor facing both up & downwards
2. The aim is for the children to flip the cones over (each team has the opposite aim) and the team with the most cones flipped over after 1 minute wins a point
3. Repeat until the children are warm.

2 Main Activity

1. Put the children into pairs and position a pair at each station (2 pairs at double stations)
2. One child from each pair should use the equipment whilst the other counts and records
3. The children should take a turn each before moving onto the next piece of equipment.

Equipment	Challenge – Child 1 How many can you do in 1 minute?	Challenge – Child 2 Count and record your partners scores
Double Health Walker	Strides	Strides in 1 minute
Sky Stepper	Steps	Steps in 1 minute
Horse Rider	Gallops	Gallops in 1 minute
Arm & Pedal Bicycle	Turns	Turns in 1 minute
Tai Chi Discs	Spins	Spins in 1 minute
Waist Twister	Twists	Twists in 1 minute
Rower	Rows	Rows in 1 minute
Double Slalom Skier	Swings	Swings in 1 minute
Double Sit Up Bench	Sit Ups	Sit Ups in 1 minute

3 Cool Down – Windstorm

Pretend to be trees in a windstorm, with arms as the branches. Start while the windstorm is strong and blowing hard, and finish as the wind calms and blows softer. Repeat until cool.



When teaching larger classes, half of the children can do exercises such as jogging or skipping on the spot, star jumps or hopping on one leg.

Week Two

Slow and Steady



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1 Warm Up – Kangaroos and Crocodiles

- Place a zone or box at each end of your designated area, one zone is for 'Kangaroos' and the other is for 'Crocodiles'
- The children line up at the halfway line facing each other
- The teacher shouts either Kangaroos or Crocodiles and the children must turn and run back to their base depending on their assigned animal
- The aim is to make it back to your end zone without being tagged by your partner
- Repeat until the children are warm.

2 Main Activity

1. Put the children into pairs and position a pair at each station (2 pairs at double stations)
2. One child from each pair should use the equipment whilst the other counts and records
3. The children should take a turn each before moving onto the next piece of equipment.

Equipment	Challenge – Child 1 How many can you do in 1 minute?	Challenge – Child 2 Count and record your partners scores
Double Health Walker	Strides	Count to 5 between each stride
Sky Stepper	Steps	Count to 5 between each step
Horse Rider	Gallops	Count to 5 between each gallop
Arm & Pedal Bicycle	Turns	Count to 5 between each turn
Tai Chi Discs	Spins	Count to 5 between each spin
Waist Twister	Twists	Count to 5 between each twist
Rower	Rows	Count to 5 between each row
Double Slalom Skier	Swings	Count to 5 between each swing
Double Sit Up Bench	Sit Ups	Count to 5 between each sit up

3 Cool Down – Copycat

Children take turns to demonstrate their favourite stretch while the rest of the group copies – once they have completed their turn, they choose another child to pick their favourite and show the group. Remember the stretches need to be slow and gentle. Repeat until cool.



When teaching larger classes, half of the children can challenge their partners to tasks such as who can balance on one leg the longest or who can jump the highest from a standing position.

Week Three

Quickest Kids



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1 Warm Up - Snatch

- Split the children into two teams and give each child a number (for example 1-5 on each team)
- Mark out two zones – one at each end of your area – and place an object such as a ball or a cone in the middle of the two zones.
- Teacher calls out a number and the child from each team with this number must run to the other zone, touch the line, and then race to collect the object from the middle and return it to their own zone.

2 Main Activity

1. Put the children into pairs and position a pair at each station (2 pairs at double stations)
2. One child from each pair should use the equipment whilst the other counts and records
3. The children should take a turn each before moving onto the next piece of equipment.

Equipment	Challenge – Child 1 How many can you do in 1 minute?	Challenge – Child 2 Count and record your partners scores
Double Health Walker	Strides	Strides in 1 minute
Sky Stepper	Steps	Steps in 1 minute
Horse Rider	Gallops	Gallops in 1 minute
Arm & Pedal Bicycle	Turns	Turns in 1 minute
Tai Chi Discs	Spins	Spins in 1 minute
Waist Twister	Twists	Twists in 1 minute
Rower	Rows	Rows in 1 minute
Double Slalom Skier	Swings	Swings in 1 minute
Double Sit Up Bench	Sit Ups	Sit Ups in 1 minute

3 Cool Down – Sky High

Reach up and touch the sky for 20 seconds whilst walking around. Now, stand still, reach down and touch your toes for 20 seconds. Repeat until cool.



When teaching larger classes, half of the children can do exercises such as high knees or heel flicks on the spot to keep moving whilst they wait for their turn.

Week Four

Stretchy Students



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1 Warm Up - Wheelbarrow Racing

- Put the children into pairs and line them up linearly one behind the other
- Child number one gets onto their hands and knees then their partner picks up their legs
- Child number one runs on their hands whilst their legs are carried by their partner
- Once they have reached the end line, swap positions and race back to the starting line.

2 Main Activity

1. Put the children into pairs and position a pair at each station (2 pairs at double stations)
2. One child from each pair should use the equipment whilst the other counts and records
3. The children should take a turn each before moving onto the next piece of equipment.

Equipment	Challenge – Child 1 Complete each task stretching as far as you can.	Challenge – Child 2
Double Health Walker	Stride as far as you can.	Encourage your partner to stretch as far as they can, counting to 5 between each stride.
Sky Stepper	Step as far forward & backward as you can.	Encourage your partner to stretch as far as they can, counting to 5 between each step.
Horse Rider	Gallop as high & as low as you can.	Encourage your partner to stretch as far as they can, counting to 5 between each gallop.
Arm & Pedal Bicycle	Turn your arms & legs as far as you can.	Encourage your partner to stretch as far as they can, counting to 5 between each turn.
Tai Chi Discs	Spin your arms as far as you can.	Encourage your partner to stretch as far as they can, counting to 5 between each spin.
Waist Twister	Twist as far as you can.	Encourage your partner to stretch as far as they can, counting to 5 between each twist.
Rower	Row as far forward & backward as you can.	Encourage your partner to stretch as far as they can, counting to 5 between each row.
Double Slalom Skier	Swing as far as you can.	Encourage your partner to stretch as far as they can, counting to 5 between each swing.
Double Sit Up Bench	Stretch as far as you can whilst sitting forward & whilst going back down.	Encourage your partner to stretch as far as they can, counting to 5 between each sit up.

3 Cool Down – Marching Band

March in place for 30 seconds pumping knees high and swinging arms from side to side then rest. March slower each time until your knees are pumping lower, and arms are not swinging as far from side to side. Repeat until cool.



When teaching larger classes, the children not using a piece of equipment can challenge each other to exercises such as shapes – one person names a shape and the other tries to make it, then swap and repeat.

Week Five

Mirroring Movements



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1 Warm Up - Red Light, Green Light

- Act like cars whilst the teacher calls out a traffic light colour
- Run on green, walk on yellow and stop on red
- Repeat until the children are warm.

2 Main Activity

1. Put the children into pairs and position a pair at each station (2 pairs at double stations)
2. One child from each pair should use the equipment whilst the other counts and records
3. The children should take a turn each before moving onto the next piece of equipment.

Equipment	Challenge – Child 1 Challenge your partner to copy your movement or speed on each piece.	Challenge – Child 2 Try and copy your partners movement and get the same score at the end.
Double Health Walker	Stride as quickly, slowly, or stretchy as you like.	Try and match your partners movements and end score.
Sky Stepper	Step as quickly, slowly, or stretchy as you like.	Try and match your partners movements and end score.
Horse Rider	Gallop as quickly, slowly, or stretchy as you like.	Try and match your partners movements and end score.
Arm & Pedal Bicycle	Turn your arms & legs as quickly, slowly, or stretchy as you like.	Try and match your partners movements and end score.
Tai Chi Discs	Spin your arms as quickly, slowly, or stretchy as you like.	Try and match your partners movements and end score.
Waist Twister	Twist as quickly, slowly, or stretchy as you like.	Try and match your partners movements and end score.
Rower	Row as quickly, slowly, or stretchy as you like.	Try and match your partners movements and end score.
Double Slalom Skier	SSwing as quickly, slowly, or stretchy as you like.	Try and match your partners movements and end score.
Double Sit Up Bench	Sit up as quickly, slowly, or stretchy as you like.	Try and match your partners movements and end score.

3 Cool Down – Muscle Mix

The teacher/coach calls out two body parts (for example knee and elbow) then the children must then run to find a partner and touch these body parts. Repeat until cool.



When teaching larger classes, the children not using a piece of equipment can challenge each other to see who can throw a beanbag the highest and still catch it, or who can complete the most throws without dropping the beanbag between their pairs. Children can also throw the beanbag in the air and clap as many times as they can before catching it.

Week Six

Assessing Achievements



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1 Warm Up - Frog Jumps

- Jump like a frog by crouching down to touch the ground and then reaching for the sky when jumping up.
- Complete 10 jumps in a row, then rest for 15 seconds
- Repeat until children are warm.

2 Main Activity

1. Put the children into pairs and position a pair at each station (2 pairs at double stations)
2. One child from each pair should use the equipment whilst the other counts and records
3. The children should take a turn each before moving onto the next piece of equipment.

Equipment	Challenge – Child 1 How many can you do in 1 minute? Try and beat your score from Week One!	Challenge – Child 2 Count and record your partners scores, encourage them to beat their score from Week One!
Double Health Walker	Strides	Strides in 1 minute
Sky Stepper	Steps	Steps in 1 minute
Horse Rider	Gallops	Gallops in 1 minute
Arm & Pedal Bicycle	Turns	Turns in 1 minute
Tai Chi Discs	Spins	Spins in 1 minute
Waist Twister	Twists	Twists in 1 minute
Rower	Rows	Rows in 1 minute
Double Slalom Skier	Swings	Swings in 1 minute
Double Sit Up Bench	Sit Ups	Sit Ups in 1 minute

3 Cool Down – Touch Your Toes

Sit with legs outstretched, shoulder-width or more apart. Lean forward and try to touch your toes, one leg at a time and hold for 30 seconds. Repeat until cool.



When teaching larger classes, the children not using a piece of equipment can complete exercises such as roly-poly's, skipping or hopping round in a large circle. The other child must be the shadow and complete the same exercise.

Achievement Tracker



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Date Week One

Date Week Six

Track the number of strides/swings/turns etc. in the table below from Week One and Week Six to track each child's progress.

[illegible]

Achievement Tracker



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[illegible]