

# Barnardo's Big Bounce

Believe in  
children



Barnardo's

Lesson plan Age 7-11

You can fit the lesson plan in with your own timescale and schemes of work.

## **Lesson Objective:**

To experiment with different types of bounce for certain time lengths.

- Warm up (10 minutes): Introduce various types of body bounce e.g low bounces, high bounces, side bounces, one and two legged bounces, and arm and leg stretches.
- Main activity (approximately 5 minutes per activity): Circuit of bouncing activities e.g:
  - Bounce basketball
  - Ball on tennis racket
  - Space hopper bounce on trampoline
  - Speed (jump) bounce
  - High bounces (mark on wall with chalk)
  - Skipping
  - 'Keepy uppy'
- Ask children to write down their heart rate after each activity.
- Children fill in the **Bounce booklet** as they go, and then take home to continue filling in.
- Cool down (5 minutes) with gentle stretches and exercise.

## **Success criteria:**

I can see how exercise affects the body.

I can measure my heart rate and see how it changes.

## **Cross curricular links/other suggestions**

**Numeracy** – counting, putting results onto a bar chart.

**Science** – effect of physical activity on the body.

Downloadable resources for Barnardo's Big Bounce can be found at [www.barnardos.org.uk/bigbounce](http://www.barnardos.org.uk/bigbounce)