



# Clock Face Challenge

## What's needed

- 4x home mats
- 14x Action mats
- Stopwatch/ Music (optional)

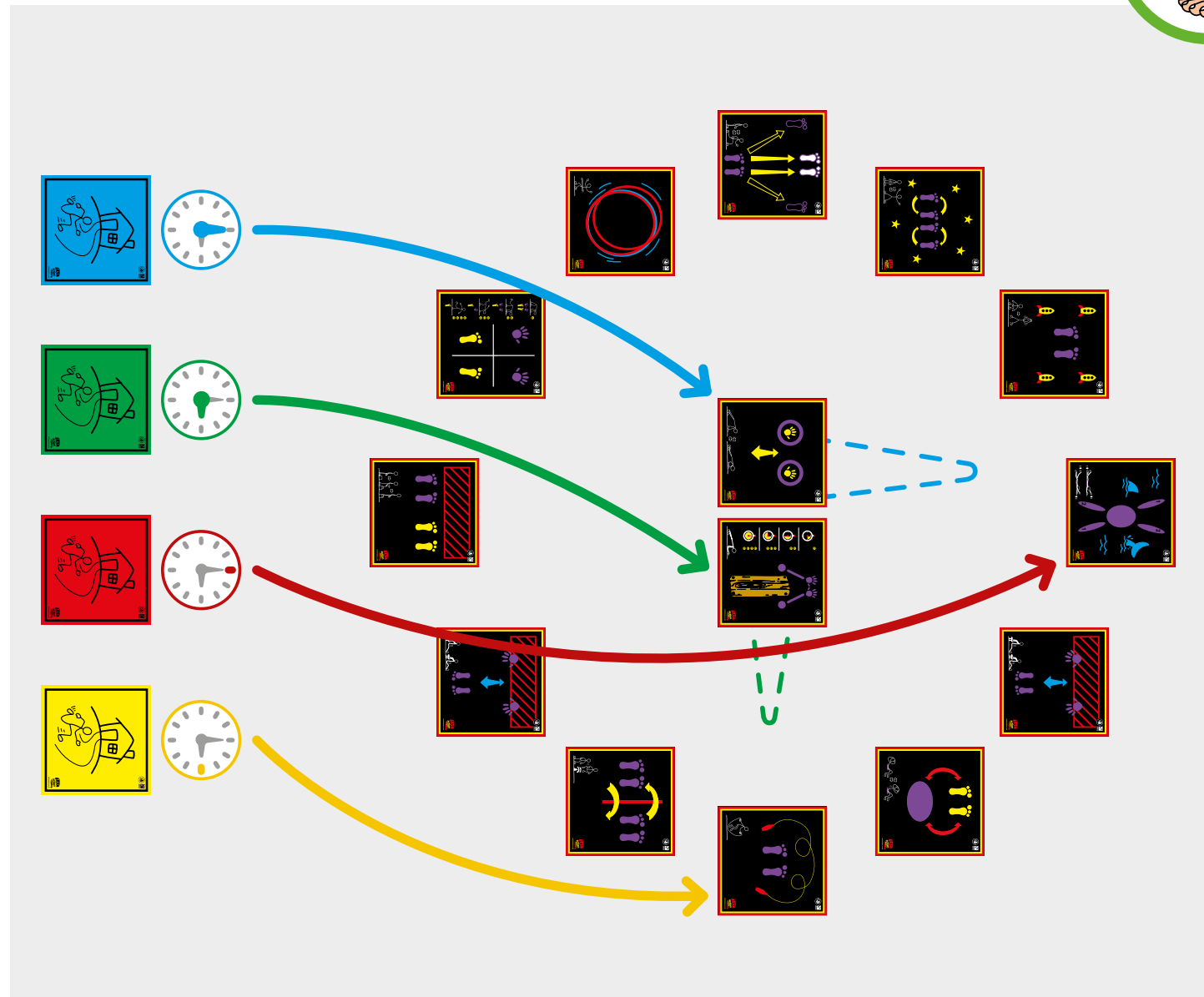
## How to play

Set 12 mats up in a circle, 1 mat for each hour on a clock. Then place the plank and press up mats in the centre. The blue team are the hour hand, the green team the minute hand, the red team the hour and yellow team the minute.

The teacher calls out a time and 1 player from each team runs to the corresponding mat to perform the exercise.

When the exercise is complete they return to their home mat.

## The Setup





## Suggested age range

KS1 and KS2

## Learning outcome

To play a competitive game whilst building strength, flexibility, control, and balance as well as learn the time on an analogue clockface

**Reference:** Physical education programmes of study: key stages 1 and 2 National curriculum in England (DfE-00176-2013)

## Success criteria (measuring impact)

Children fully engage in each activity and transition between activities with ease and confidence within a specified time

## Risks to be considered

- Suitable clothing and footwear is worn by the children and anything that could obstruct or cause injury has been removed
- The right equipment is available and has been checked
- The area is safe and clear ensuring any hazards have been removed
- Safety information is highlighted to all
- SEND pupils and other vulnerable groups (e.g. EAL) have suitable support to take part in the activities

## Assessment for learning questions (adapt for key stage)

### Pre- activity:

- Does being competitive matter? Explain your response
- How can get better at competition sports?

### Post-activity:

- Does winning matter? Explain
- How can you use losing to improve?
- How did your team members cheering you on affect your performance?

## Warm Up

Perform two rounds for 30 seconds each. Rest for 10 seconds in between each exercise:

- Lunges 30 second /10 second rest
- Plank 30 second /10 second rest
- Press ups 30 second /10 second rest
- Rocket jumps 30 second /10 second rest
- Sit ups 30 second /10 second rest
- Star jumps 30 second /10 second rest



## Differentiation and personalisation

- Work in pairs i.e. two children move to the corresponding mat, having 1 minute on each station
- Change teams around. i.e. minute hand for Blue Team
- Introduce a time limit e.g. use music
- Ask a child to lead warm-up or cool down

## Main focus

To complete structured circuit workout whilst embedding knowledge about an analogue clock

## Cool down

Teacher leads - 30 seconds per stretch

- Plank with a superman stretch
- Hula hoop motion without the hula hoops, slowly
- Static lunges with side stretch
- Static Rocket Jumps -Squat and lift
- Calf stretch

## Reflect

In which activity do you think you have demonstrated your personal best?  
What improved skills have you achieved?  
Where do you feel you could have done better?  
What would be your goal for next time?  
What have you learnt about yourselves today?