FORT BOYARD

Theme: Coordination of movements, agility, speed, strength and endurance

Lesson Objectives:

General: exercises targeting strength, speed, agility and endurance

Functional (in detail). Child:

- Orientation in space.
- agility and agility
- coordination of movements
- muscle strengthening
- speed
- endurance

Methods: imitation, verbal explanation of tasks, demonstration, practical exercises

Method of performance: individual and group

Teaching aids: paper keys (according to the number of stations and children), obstacle course aids, large blocks, 2 benches, balls and balloons, stopwatch, mat, rope, small tables, book, hoops/circles

Duration: 40 minutes

Lesson flow:

1. **Introduction of the mysterious fortress from which the children have to get out by unlocking the big lock. The keys to this lock are obtained by completing tasks in the different chambers of the fortress.**
2. **Creating a shouting group, dividing the children into groups.**

Warm-up

Classical warm-up of the whole body - head, shoulders, arms, hips, legs, trot.

Shouting together.

Main exercise

Children divide into groups and share a station.

All groups rotate and visit each station in turn.

After completing the task at the station, they get one key.

Time is measured for all the disciplines so that the children also engage their speed along with completing the tasks. It is always necessary for all children in the team to complete the task.

1. Obstacle course with book on head
2. Benches - handsprings along the bench on the ground with feet on the bench,
3. Bench/bench - walking in front and walking backwards
4. Tables - crawling back and forth under tables
5. Jumping rope from one side to the other with feet
6. Running over and avoiding balls and balls thrown by adults
7. running with the cube and building a tower
8. rolling barrels
9. Hoops - running through the hoops laid down, quick right-left changes

Final stretch

Shouting together, counting of keys and symbolic opening of the invisible gate, applause