

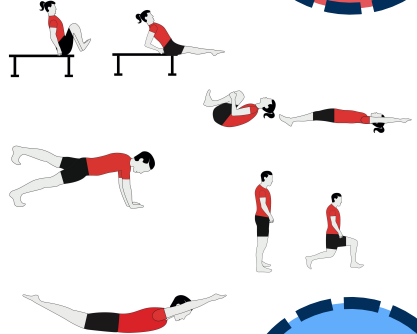
Feeling Flexible?

Home Physical Education

Can you complete the circuit with a partner, encouraging each other?

How to play:

- Layout 5 markers in a space around your area. These are your 5 flexibility circuit activities
- Station 1:** Perform 10 extended tucks.
- Station 2:** Perform 10 roll and release.
- Station 3:** Perform 10 lunges.
- Station 4:** Perform 10 arches, holding each one for 5 seconds.
- Station 5:** Perform 10 extended leg raises.
- How many times can you repeat the circuit?



Can you keep trying even if you feel tired?

Top Tips

Stretch Out!

By stretching (static or dynamic) this will improve our flexibility.

'Flexibility is the elasticity of muscles when stretching and the ability to move joints through a full range of motion'

Let's Reflect

Do you understand why stretching your muscles will improve your flexibility?

Do you understand why it is important to be flexible when playing sport?

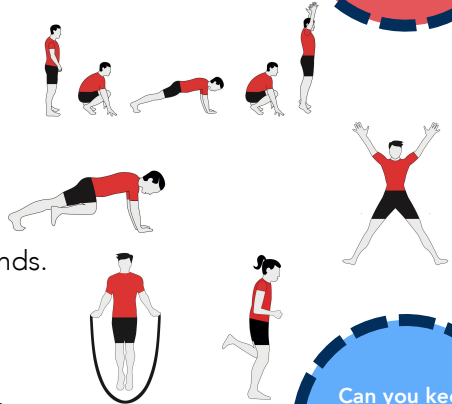
Healthy Hearts

Home Physical Education

Can you complete the circuit with a partner, encouraging each other?

How to play:

- Layout 5 markers in a space around your area. These are your 5 cardio circuit activities.
- Station 1:** Perform 10 star jumps.
- Station 2:** Perform 10 mountain climbers.
- Station 3:** Skip or jump for 10 seconds.
- Station 4:** Perform 10 burpees.
- Station 5:** Jog on the spot for 10 seconds.
- How many times can you repeat the circuit?



Can you keep trying even if you feel tired?

Top Tips

Break into a sweat!

When we increase our heart rate, more blood pumps around our body providing oxygen from the lungs to the muscles.

Let's Reflect

Were you able to work hard and increase your heart rate?

Do you understand why it is important to raise our heart rate and keep active?

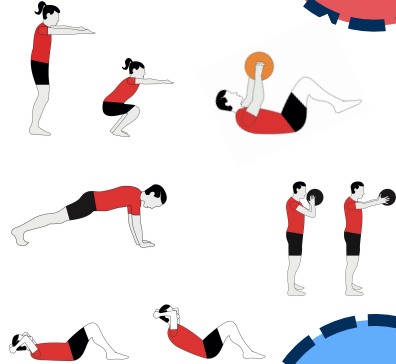
Super Strength

Home Physical Education

Can you complete the circuit with a partner, encouraging each other?

How to play:

- Layout 5 markers in a space around your area. These are your 5 strength circuit activities.
- Station 1:** Perform 10 squat jumps.
- Station 2:** Perform 10 lying ball lifts.
- Station 3:** Perform 10 push outs.
- Station 4:** Perform 10 sit ups.
- Station 5:** Perform 10 box press ups.
- How many times can you repeat the circuit?



Can you keep trying even if you feel tired?

Top Tips

Work Hard!

By working hard we will improve our strength
'Muscular strength is defined as the maximum amount of force that a muscle can exert against a form of resistance in a single effort.'

Let's Reflect

Do you understand why working hard will help improve the strength of your muscles?

Do you understand why it is important to be strong when playing sport?