We have been working on circuits this half term. I would like you all to complete a circuit at home and keep record of your achievements. Complete each exercise for 1 minute and ask an adult or count aloud how many you do. Can you improve your score each time?

Click on this link to follow a warm up <https://www.youtube.com/watch?v=aW_JqSK-CgY>

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercsise** | **Set 1 (1 minute)** | **Set 2 (1minute)** | **Set 3(1 minute)** |
| **Sit ups** |  |  |  |
| **Star jumps**  **See the source image** |  |  |  |
| **Squats**  **See the source image** |  |  |  |
| **Plank**  **See the source image** |  |  |  |
| **High knees**  **See the source image** |  |  |  |
| **Push ups**  **See the source imageSee the source imagelevel 1 level 2** |  |  |  |

What did you do well today?

What could you improve?