



Key vocabulary	
stamina	fitness
circuits	co-ordination
balance	agility
warm up	cool down
technique	efficiency
heart rate	exercise

Circuits				
Skipping	Jogging between two cones	Star jumps	Spotty dogs	Speed bounce over markers
Step ups on bench	Standing jumps (reach up then touch the floor)	Burpees	Football ladders	Planking

Key Learning
<ul style="list-style-type: none"> • To understand some of the changes that occur to the body during exercise. • To demonstrate the correct techniques needed to complete a circuit of activities. • To use an efficient technique to complete a circuit of activities with greater balance and co-ordination. • To begin to develop an effective technique to perform more complex activities using agility and co-ordination. • To demonstrate greater levels of stamina when completing complex circuit activities. • To show an understanding of resting heart rate and heart rate after exercise.

