



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

Circuits				
Hurdles	Side jump	Step ups	Dips	Running
Ladders	Ball pass	Burpees	Squats	Ball Roll

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.



