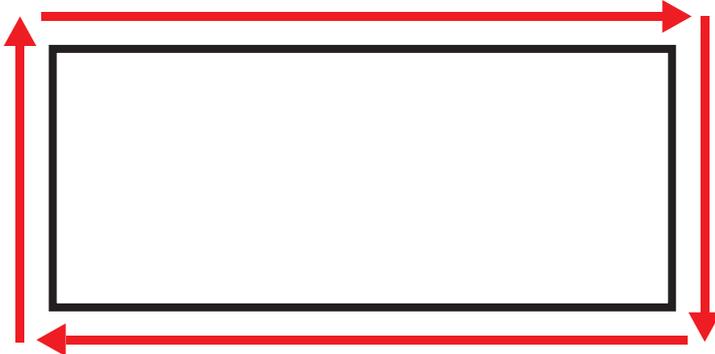
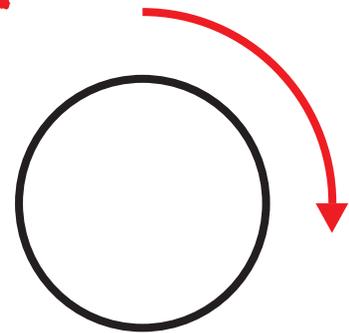




# CIRCUIT TRAINING

Year 5/6		WEEK 2	
<b>ENDURANCE WORKOUT</b> Focus: Cardio & endurance		<b>Suggested work out:</b> 5 minute pulse raising warm up starting with walking and increasing speed to jogging then running to increase heart rate. Have children work on each station with a partner. Partner uses the cards to ensure that the techniques are performed correctly. Work for 30 seconds on each station unless otherwise stated then swap with your partner. Complete each station 2-3 times before moving on. Finish with pulse lowering exercises and static stretches.	
<b>ENDURANCE RUN</b> 6 minutes continuous walk, jog or run as a whole class. Can you keep going for duration?	<b>STEP UPS</b> Step ups on and off of the bench making sure both feet come onto the bench before you step off  How many can you do in the time?	<b>SPEED BOUNCE</b> Can you jump two footed over the wedge or line as quickly as you can, side to side and front to back	
<b>SKIPPING</b> On the spot, jump through the rope with single bounce jumps.  <b>DON'T STOP!</b>	<b>AGILITY LADDER RELAY</b> Quick feet Make sure to put two feet in each part of the ladder Next person in line goes when it is safe to do so	<b>TEAM RELAY RACES</b> 1) Sprint out to a cone, stop, step to the side, turn and bear crawl to the start (always face forward) Next person starts when their teammate completes the side step. 2) Cones in a square; duck walks to 1st cone, bear crawl to 2nd cone, run back to the start 3) In a circle holding the straight arm plank – pass the tennis ball from left hand to right hand then onto the next person. First team to complete a full circle wins. Add in more tennis balls to make it quicker.	
<b>EQUIPMENT:</b> Music / stopwatch / whistle / cones / skipping ropes / agility ladders / bench / tennis ball			

**ONE****TWO****THREE****DO**

Create a course, track or markers to run between. Take your time and either walk, jog or run at your own speed. Try to have a 'pace' that is comfortable to last the time you are exercising. If you sprint you will not last as long. Take care when moving around or past other people.

**THINK**

How do you exercise your heart? What does it need to do?

**FEEL**

What do you like to do after exercising?

**ONE****TWO****DO**

Have your skipping rope level with your hip at one end and touching the floor at the other.

Move the skipping rope around in one hand making big circles.

Bend your knees each time the rope comes over your head and try to get a rhythm going then add a jump in.

Progress to jumping over the rope

**THINK**

Consider when the best time to start your jump is in order to get over the rope each time.

**FEEL**

Don't give up if you can't skip. Build your resilience and 'stick-ability'. The more you practice the better you will become.

**ONE****TWO****DO**

Use a speedbounce mat if you have one, if not use some spots on the floor or a line.

You need to rebound jump over the line and back again continuously. Take a relaxed stance, on the balls of your feet.

Soft knees to land and push off using your arms for balance.

**THINK**

If you had a tennis ball and a partner how could you incorporate hand and eye into this exercise?

**FEEL**

Beat your brain, get a score in your head. Can you beat it?

How do you feel afterwards?

## ONE



## TWO



## THREE



## FOUR



## DO

Behind a bench, ensure it is safe to step on and off.  
Try to be light on the balls of your feet with slightly bent knees.  
Using one foot at a time step on and then off the bench.  
Slowly at first then build up your speed.

## THINK

How many times do you think you perform this movement in a day?

## FEEL

Why does exercise help make us feel happier?

**ONE****TWO****DO**

The ladder work can be completed in a number of different ways. Here we have shown two possibly ways. One is based on facing forward with one foot in each gap. If you do not have a ladder then create spaces with spots or chalk.

The second option is moving sideways (laterally) across the spaces. Ensure that your leading legs goes first so avoid crossing legs over. Here it is right leg to go first.

Keep your head looking forward and chest up. Use the balls of your feet to keep light and move your arms when you feel comfortable.

**THINK**

What does an activity like this work on?

**FEEL**

Can you come up with a new way to use the ladders with a partner. You can change the foot work or add equipment.