



# CIRCUIT TRAINING

Year 5/6		Week 4	
<b>TOTAL BODY SPEED WORKOUT</b> Focus: Reaction Time, Balance and Speed		<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. Using the suggested times work on the 30, 15 and 1 minute timings (unless you are on reaction time where you have 1 minute in total) have short rest periods in between and work again totalling 1m 45s exercise followed with 15 seconds rest for each exercise. Finish with pulse lowering activities and static stretches.	
<b>REACTION TIME</b> Tennis ball throw against the wall  Standing approximately 2m away how many times can you throw a tennis ball against the wall and catch it without it touching the ground. Challenge yourself by throwing both underarm and overarm  Complete your reaction time challenge and try to improve your score.		<b>SKIPPING</b>  How many can you do in the 3 set times  30 seconds 15 seconds 1 minute	<b>SIT UP HIGH FIVES</b>  Sit facing a partner, feet together and knees bent. Each time you perform a sit up give each other a high five at the top.
<b>IN &amp; OUT SQUAT</b>  Take a low squat stance, jump your feet out to make this wider and then bring them back in. Keep your body position low and increase the speed gradually.	<b>SINGLE LEG BALANCE REACH</b>  Stand in the middle of a circle of coloured cones. Stand on one leg and balance, when a partner calls a colour reach and touch the cone with either your hand or your raised leg.	<b>STEP UPS</b>  How many can you do in the 3 set times  30 seconds 15 seconds 1 minute	<b>BALL DROP</b>  Partner A stands with a tennis ball in each hand and arms stretched out in front of them. When they drop one ball partner B must react and catch the ball before the second bounce
<b>EQUIPMENT:</b> Tennis balls / stopwatch / skipping rope / bench / whistle / cones / gym mats			

## ONE



## TWO



## THREE



## DO

Have your partner standing with their arms level with their shoulders. In each hand there needs to be a ball that bounces. The person without the ball stands 2-3 steps in front and awaits their partner to drop either ball. You have to move and catch the ball - it can bounce on the floor twice. You can move to having ONE ball dropping. Your partner decides which ball to drop.

**MAKE SURE YOU DROP THE BALL AND NOT THROW IT TOWARDS THE FLOOR.**

## THINK

Why are reaction times important?

## FEEL

If you had a choice between chocolate/crisps or carrot sticks what would you choose and why?

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

Start in a low squat position and then jump both legs out to the side and return.

Make sure you keep your body at the same height.

Be on the balls of your feet, head and chest upright and looking forward.

**THINK**

As we get fitter what differences would you expect to feel in your body?

**FEEL**

List foods that are good for us to snack on.

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

Start with a good base of feet shoulder width apart facing the wall. Have squishy knees so you can move up, down, left or right. Throw the ball at the wall and catch it. Have your hands ready to catch the ball.

**THINK**

List activities that require good hand and eye coordination.

**FEEL**

Do you have a balanced diet?

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

Stand in the middle of four cones. Your partner calls out a colour for you to reach with a hand or foot to touch.

Focus the weight through your standing leg with hands out for balance. Maintain your foot position and use your body weight to counteract. Make sure you try left & right legs.

**THINK**

Can you make this easier / harder for your partner?

**FEEL**

How does this feel when you are extending away from the body?  
Why do you think this is?

# SIT UP HIGH 10

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

Start lying on the mat with your partner with your feet touching/interlocked.

Raise yourself from the floor using your abs to pull you up from the floor. Keep your head relaxed. High 10 your partner and slowly lower yourself back to the floor and repeat.

**THINK**

Can you think of ways to make this easier / harder?

**FEEL**

Can you match up against another pair and see who wins. Congratulate them either way.

**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**



**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?