



# CIRCUIT TRAINING

**Year 5/6**

**WEEK 5**

**TOTAL BODY WORKOUT**

Focus: Power

**Suggested work out:**

5 minute pulse raising warm up starting with walking and increasing speed to jogging then running to increase heart rate. Short, high intensity bursts on each station switching with your partner every 30 seconds. Four sets each for each station ensuring lunge runners are completed left leg x 2 and right leg x 2. Finish with pulse lowering exercises and static stretches.

**GOBLET SQUAT – PRESS UP  
with a partner**

Partner A stands in a wide stance and does a deep goblet squat holding partner B's ankles. Partner B then performs a press up.

**PLANK PASS  
team beanbag pass**

Hold a plank position in a line next to your teammates. Pass the beanbags down the line whilst in the plank position. Maintain the plank position all the way through the activity.

**JUMP SQUAT -  
HOP BACKS**

Squat down and do an explosive jump forward, squat down in the landing. Hop backwards to the start and repeat.

**LYING FLUTTER KICKS**

Lay flat on your back and raise your legs slightly off the floor. Flutter your legs up and down making sure to keep your legs straight and point your toes.

**MOUNTAIN CLIMBERS**

Mountain climbers; in a straight arm plank position bring knees towards chest alternately  
Semi-circle mountain climbers; as above but pump your legs to move around in a semi-circle  
Mountain climber spiders; as above but move your foot to the outside of your hands each time

**V SIT CIRCLES  
with a partner**

Hold a V sit (lower back and feet raised from the floor) opposite a partner and take it in turns to circle your feet around their legs.

**LUNGE RUNNERS**

Stand in a lunge position with one foot staggered in front of the other. Hold this position and pump your arms as if you are running. Switch legs after 30 seconds.

**WALL SIT REACH – HIGH KNEES  
with a partner**

Partner A: holds a wall sit and reaches their hands straight out in front of them.  
Partner B: stands opposite your partner and performs high knee running up to their hands

**EQUIPMENT:**

Stopwatch / whistle / gym mats/ beanbags

**ONE****DO**

Lying on your back. Have your arms supporting you at the side. Raise your legs slightly off the floor. Keep your legs straight. Lift one leg a little higher and then lower. Repeat with the other leg performing a kicking motion.

**THINK**

Does speeding up your kicks make this exercise easier?

**FEEL**

What would you suggest to someone who wants to do more exercise?

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

Partner A: Have a wide stance and squat down to reach your partners ankles. Hold your position keeping your head up. Don't lean forward.

Partner B: Perform your press ups. If you need to bend your knees to perform a half press up.

**YOU DO NOT LIFT YOUR PARTNER**

**THINK**

Why is water important to the body?

**FEEL**

Can you identify a positive role model?

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

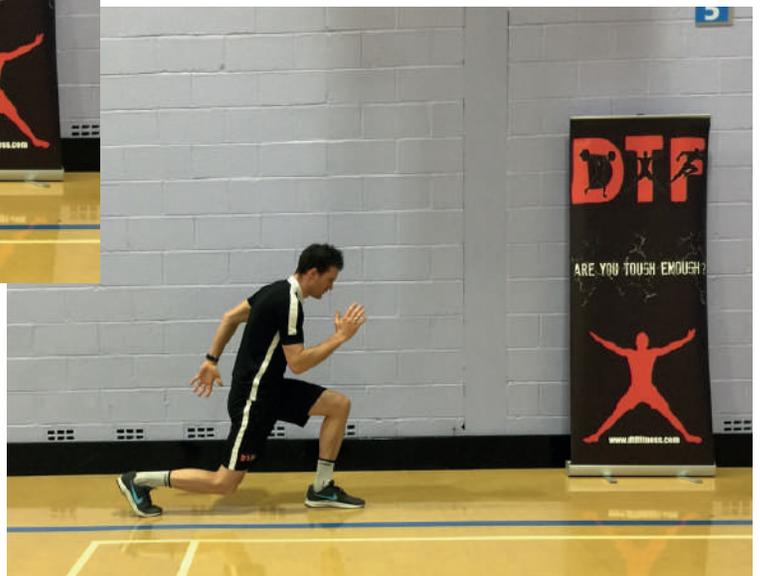
Take a broad jump with a soft squat landing.  
Take small jumps back to the start and repeat.  
Land on the balls of your feet, toes point forward.  
Have soft knees when you move. Be light on your feet and maintain your balance through top half and bottom half of your body.

**THINK**

Can you watch a partner, see how they perform and offer feedback?

**FEEL**

How can sport and exercise bring people together?

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

Standing tall take one step forward.

Lower the back knee to the floor while bending the front knee.

Keep toes pointing forward.

Lock your elbow and bring your hand from your hip to your lip pumping your arms as though you are running. You need to hold your lunge position. Switch legs and pump the arms again.

**THINK**

Which athlete may need this exercise as part of a warm up? Why?

**FEEL**

Hold this action for 30 seconds. How does it feel?

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

Start in a press up position keeping a straight line from your head to your heels.

Arms to be straight and hands in line with your shoulders.

Bring one knee up to your arm and return then repeat with the other leg.

Increase the speed as you go.

**THINK**

Can you identify where our body gets its energy?

**FEEL**

Why would we want to eat chocolate over an apple?

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

Hold a plank position in a line with your teammates with your forearms on the floor to take your weight. Keep your head neutral and maintain a flat back

Lock core (tummy area) to stop you from sagging

Sagging bottoms, stop and rest, bottoms raised in the air stop and start again

Pass a beanbag from one end of the line to the other while maintaining the position throughout.

**THINK**

Where could you find a small bone in the body?

**FEEL**

Can you take control of your groups activity, count how many you get and encourage them?

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

Performing the V Sit opposite your partner with your head and feet off the ground.

One person holds their legs in the air and the other circles their feet around their partners feet.

Put your hands on the floor for balance.

Swap over roles with your partner.

**THINK**

Where could you find a fused bone in the body?

**FEEL**

Could you adapt this exercise with your partner to make it more challenging?

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

Hold a squat position with your arms held out level with your shoulders. Keep your back against the wall and bottom level with your knees. (you can do this without the wall if needed).

Your partner needs to raise their knees to your hands in a jogging or running motion.

**THINK**

Is your nose a bone?

**FEEL**

Can you help your partner by not holding your hands too high for them to reach?