



CIRCUIT TRAINING

Year 5/6

WEEK 8

CARDIO WORKOUT

Focus: Speed, Agility and Reaction time

Suggested work out:

5 minute pulse raising warm up starting with walking and increasing speed to jogging then running to increase heart rate. 60 seconds of exercise on each station before swapping roles with your partner.

Pulse lowering exercises before static stretches and relaxing to finish.

AGILITY RUN – BALL SWAP

Position five cones in a line with another five matching them approximately 3m apart. Place tennis balls on each cone on one of the lines. Start at the top of the course, run out and grab the first tennis ball before swapping it to the empty cone in the opposite line and repeat for all tennis balls

Complete your agility run test and practise on improving your score.

SPRINT RUN

Head to Head

In a pair, begin on the same start line. Partner A chooses when to start by shouting "GO" Partner B has to react and try to beat them to the finish line 5m away. Repeat continuously, changing roles each time.

COLOUR COLLECT

In pairs position a line of 5-8 cones of different colours. Partner A runs to collect whichever colour cone partner B calls out. Partner B to call colour as soon as A gets back to start

BALL DROP

Partner A: stands with a tennis ball in each hand stretched out to the side and level with their shoulders. Drops both balls at the same time.

Partner B: must react and catch 1 ball before the second bounce.

BALL ROLL

With a partner roll the ball along the floor, pick it up, side step and then roll back. Return to the start and repeat.

Head... shoulders... BALL

In 3s. 2 people are stood either side of a cone with a ball placed on it. The third person calls parts of the body, such as head, shoulders, knees etc. When they call "ball" try to be first to grab the ball.

HAND SQUASH

With a partner can you throw and catch a tennis ball against a wall. Ball must bounce between catches. See how many you can do in a row

Hit the ball with the palm of your hands to make it harder

EQUIPMENT:

Cones / tennis balls / stopwatch / whistle / dodgeballs



AGILITY CHALLENGE

ONE



TWO



THREE



DO

Set your challenge as per challenge cards. Bend your knees to get low. Keep your head and eyes up and look forwards. Keep a gap in between your feet (don't cross your legs over). Push from the outside foot to spring you to another direction.

THINK

Can you assist with timing this activity for your partner

FEEL

Can you set a challenge for your partner and work together to achieve it?



BALL DROP

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?



COLOUR COLLECT

ONE



TWO



DO

Set up a start line and four coloured cones in front of you.
Start on the balls of your feet and bend your knees to give a strong base for movement.
When your partner calls a colour you collect that cone and return to the start. They can choose any of the colours they wish.

THINK

Do you know what the ABC's stand for in movement?

FEEL

Can you take on your friend in a timed challenge and respond positively depending on the result.



HEAD, SHOULDERS, BALL

ONE



TWO



THREE



DO

Start in a squat and be at least 1 step away from the ball.
When you have a part of the body called out you need to touch that body part.
When the word ball is called you need to grab the ball. You can also do this without the ball and just have a cone.
Have your knees slightly bent, on the balls of your feet ready to react.

**ENSURE YOU DO NOT CLASH HEADS WHEN YOU GRAB THE BALL
SO BE AT LEAST 1 STEP AWAY FROM THE BALL AT ALL TIMES.**

THINK

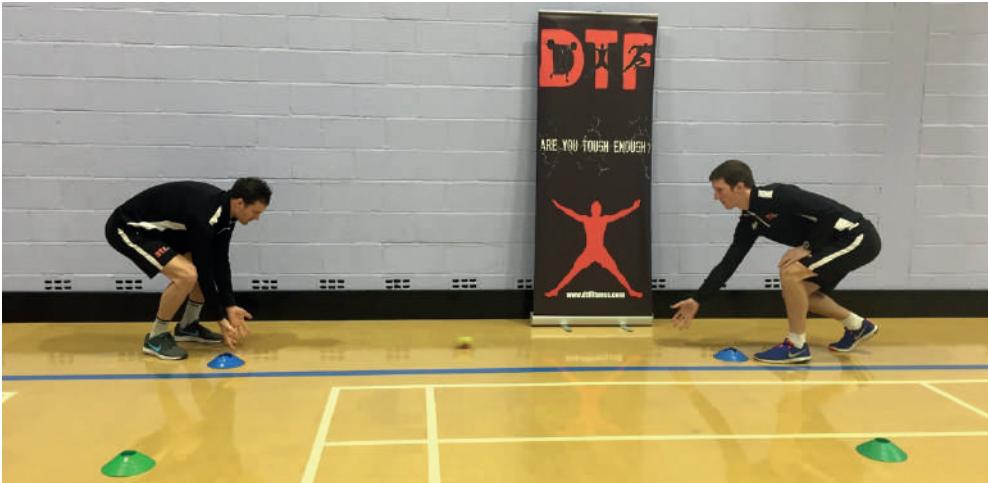
Why do we need good reactions?

FEEL

Can you describe a role model you would like to be? Why have you chosen them?

DTF FITNESS SIDE STEP BALL PASS

ONE



TWO



DO

Start opposite your partner. Roll them a tennis ball to the outside of the cone. Collect the ball and side step to the next colour cone. Roll the ball back to your partner and repeat. Have your hands low ready to receive the ball. Keep your eyes on the ball then squat down to pick the ball up. Do not touch your feet together on the side step.

THINK

What activities require good hand and eye coordination?

FEEL

How often should we eat take away food?



SPRINT RUN

ONE



DO

Stand on your start position with a partner.
Stand on the balls of your feet with toes pointing forwards.
Head pointing to where you are running ready to push off your back foot.
When 'Go' is called race your partner to the finish line.

THINK

Why do we sweat?

FEEL

What exercise do your family members take part in?



SQUASH

ONE



TWO



DO

Face a wall with your partner. Throw the ball at the wall and get your partner to catch the ball after it rebounds and throw it back. You can change this by allowing one bounce or having an area the ball needs to land inside.

THINK

How many sports can you list that use a racket or bat?

FEEL

Why is food better for us when we cook it?