



PE: Circuits

<p>Week 1 – In pairs, one work, one coach. Week 2 – One full circuit, one coach (aerobic). Week 3 – Pairs, competitive against partner. Week 4 – Competitive against whole class with a whiteboard at each station. Week 5 – Muscles diagram and table on a sheet record the muscles used on a sheet Week 6 – Pyramid circuit. Run to the end of the hall complete 10 then run back. Then complete 9, 8, 7 etc.</p>	<p>Slam Ball</p> 	<p>Plyo Lunges</p> 	<p>Wall Sit with Knee Lifts</p> 	<p>Side Support</p> 	
<p>Shuttle Runs</p> 	<p>Star Jumps</p> 	<p>Skipping</p> 	<p>Bench Step Ups</p> 	<p>Press Ups</p> 	<p>Balance on One Leg</p> 
<p>Squat Thrusts</p> 	<p>Seated Dips</p> 	<p>Speed Bounce</p> 	<p>Spider Crawls</p> 	<p>Plank</p> 	<p>Dish</p> 
<p>Hopping</p> 	<p>Shoulder Press</p> 	<p>Bicep Curls</p> 	<p>Trampette</p> 	<p>Rope</p> 	<p>SAQ Ladders</p> 
<p>Balance Board</p> 	<p>Sit Ups</p> 	<p>Superman</p> 	<p>High Knees</p> 	<p>Inchworm</p> 	<p>Donkey Kicks</p> 