

CIRCUITS FITNESS

LKS2

Squat with correct form and technique.

Lunge with correct form and technique.

Skip (jump rope) with correct form and technique.

Speed bounce with correct form and technique.

Demonstrate understanding of why we sweat and why our heart beats faster.

Run at a gradually increasing pace for a sustained period of time.

Demonstrate understanding of the importance of health and fitness.

UKS2

Demonstrate understanding of how the body works before, during and after exercise.

Accurately measure their own resting and active heart rate.

Accurately measure the resting and active heart rate of others.

Seated dip with correct form and technique.

Straddle jump with correct form and technique.

Perform sit ups with correct form and technique.

Perform press ups with correct form and technique.

Star jump with correct form and technique.

Compare performances with previous ones and demonstrate improvement to achieve their personal best.