

Individual Fitness Circuit

Equipment needed

Timing device or stopwatch.

A padded floor mat (camping ground mat, yoga mat) or carpet.

Determination and maybe family members to do it with you!

Aim

Years R-2 work for 30seconds then rest for 30seconds

Years 3-4 work for 45 seconds then rest for 45 seconds

Years 5-6 work for 45 seconds then rest for 30seconds

Years 7-8 work for 1 minute then rest for 30 seconds

Repeat once a day and try to complete as many repetitions of each exercise in the allocated time.

Exercise 1

Star jumps



Exercise 2

Sit ups – ideally with someone holding your feet down. Keep chin tucked in throughout.



Exercise 3

Hot lizard – tap your foot under your body diagonally using the opposite hand to foot i.e. left hand touches right foot.



Exercise 4

Lunges – keep your back straight and step forward to bend alternate knees to 45 degrees.



Exercise 5

Plank – try to keep back as straight as possible.



Exercise 6

Burpees – Hands on the floor, feet out straight behind you, feet tuck back in and jump up.



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Exercise 7

Squats – Slow controlled movement up and down keeping knees in line with feet.



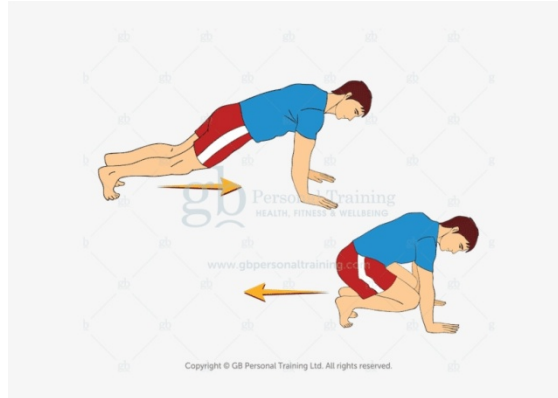
Exercise 8

Press ups – Either modified press up on the left or full press up on the right.



Exercise 9

Squat thrusts – hands on the floor, jump both feet back into press up position then jump them forward again.



Exercise 10

Side bounding – transfer weight from left to right leg in hopping motion, keeping legs wide apart.

