

Week 7 WC 04.05.20 Fitness Circuit Cards

Hi Everyone,

Fitness Circuit Cards!

This week we have chosen some fitness circuit cards for you to use for your PE home learning. There are 22 in total and we are going to explain lots of different ways that you can use them at home.

1. You could choose a few of the cards to make a little fitness pathway around the house – each time you get to a card you have to do what the cards asks you to.
2. You could try and do all 22 cards through the next 7 days – performing 3 or 4 each day.
3. You could make a circuit up for someone else in your family to complete – they have to do what it says on each card as they rotate around the circuit.
4. You may choose to set yourself a time limit and see how many of each activity you can do in that time limit.
5. As a family you may split into teams and compete against each other performing as many as you can of each task in a certain time.

Remember you are not expected to do all of them we have included lots so that you can choose activities that are suitable to you at home.

Don't forget to check out Abi's home learning video this week – it's a good one!!



Take care of yourselves, Jenny & Abi