

Circuit Training

Home Learning Tasks

Our Circuit

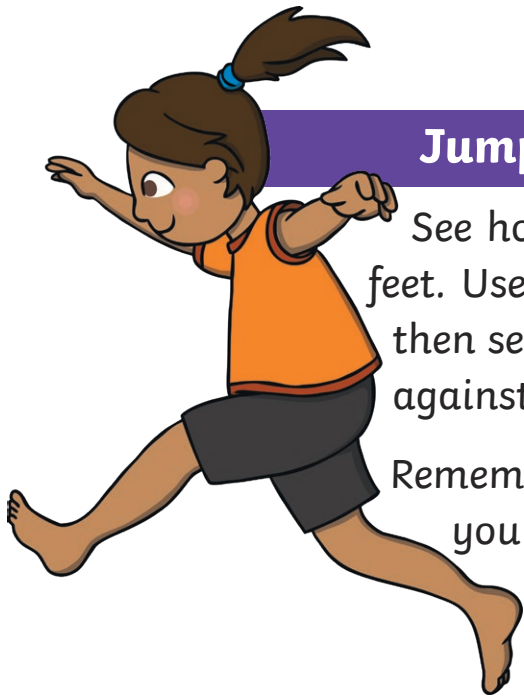
We have learnt eight different activities for our circuit.

Choose two of the activities and explain them to someone at home. You could teach them how to do the activity and have a competition.

Can you think of a way to change the activity so that it still uses the same skill (e.g. running, throwing, jumping, balancing)? You could draw a picture of your new activity.



Jumping



See how far you can jump, starting and landing on two feet. Use an object to mark how far you have jumped and then see if you can improve. You could have a competition against someone at home to see who can jump the furthest.

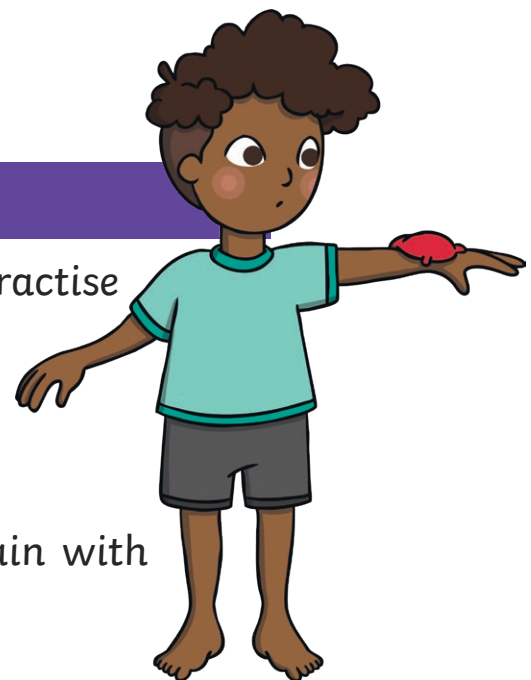
Remember to bend your knees when you take off and when you land. Use your arms to help you to jump further.

Balancing

Find an object at home (e.g. a small soft toy) and practise balancing it on different parts of your body.

Can you balance it on your head, bent knee, shoulder, arm or foot?

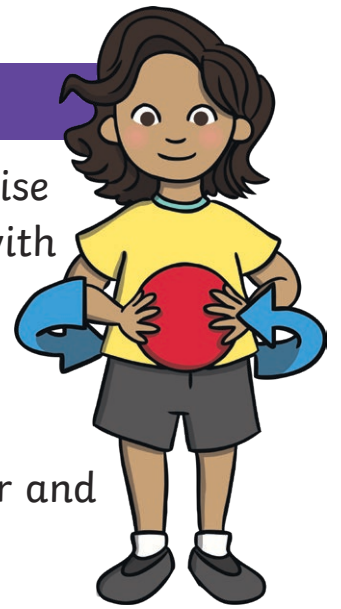
Can you sit or kneel down and stand back up again with the object still balanced?



Rolling

Collect some empty plastic bottles to use as skittles and practise rolling a ball to knock them over. Have a competition with someone at home to see who can knock the most down. Practise the activity and see if you can improve on your score.

Remember to look carefully at the target you are aiming for and think about how hard you need to roll the ball.



Throwing



Practise some accurate underarm throwing. You could throw to someone at home or against a wall.

Use a hoop or a bucket to practise aiming for a target.

Remember to look carefully at your target and think about how hard you need to throw.

Keeping Score

In our lessons, we have been keeping a scorecard so that we can see how much we have improved. Make your own scorecard for one of the following activities or choose your own and then ask someone at home to time you for one minute. Record your score. See how much you can improve by trying the activity five times.

How many jumping jacks can you do in one minute?

How many times can you throw a ball in the air and catch it in one minute?

How many times can you skip with a rope in one minute?

