**CIRCUITS**

Over the next few weeks, it will be more important than ever for young people to keep fit and active.

All young people should aim to be physically active for 60 minutes each day.

* Try and do as many of these activities in your garden, benefiting from the fresh air, as possible.
* Please ensure you have enough room to do these activities and perform them in a safe manner.
* There are 2 spaces for your ideas to be added at the end

|  |  |  |
| --- | --- | --- |
| **Fitness Fun Activities** | **Date** | **Completed** |
| Skip for 1 minute continuously (with or without a rope) x 5 |  |  |
| Squat X 10 |  |  |
| Hop for 30 seconds on each leg x 5 |  |  |
| Hold plank position for 30 seconds |  |  |
| 10 press ups on knees |  |  |
| Shuttle runs for 1 minute  x 5 |  |  |
| Crunch sit ups x 10 |  |  |
| Sprint on the spot for 30 seconds x 5 |  |  |
| Stand on one leg, eyes shut (time yourself) – perform on both legs |  |  |
| Jump as high as you can, then crouch down to floor x 10 |  |  |
| Your idea: |  |  |
| Your idea: |  |  |

*Talk it through with someone in your class or family member to see if there is anything else you haven’t thought of!*

*Have fun, stay active, stay safe ☺*

