



Monday, 27th April

Let's keep fit!

We've had lots of ideas over the past weeks about setting up circuit training either for fitness or improving your target aim or your balance!

Set up your own circuit with a mixture of activities:

Here are some ideas if you need them.....Skipping on the spot; squat jumps; netball/basketball shooting; kicking a ball at a target; running on the spot (knees up); star jumps; throw a ball/beanbag into a bin/saucepan; push ups; sit ups; step ups..... **You'll have loads of ideas!!** 😊

Make a chart so you can do them every day this week. Decide how long you want to do each activity for.....and get started!!!

Have fun! And keep fit!!

	Step ups	Basketball goals	Star jumps	Touch the lines	Skipping on the spot
Monday					
Tuesday					
Wed					
Thursday					
Friday					
Sat					
Sunday					



