

YEAR	Activity 1 and Learning objectives	Equipment/Timing	Activity
Reception, Year 1, and Year 2	<p>Fun Fitness circuit</p> <p>Objectives:- -it should Raise heart rate -it should make us breath heavy as we worked super hard -try my hardest through all the activities</p> <p>Can make the activity themed e.g. pirate ship. Hold a plank = walk the plank, side to side shuttles = scrub the deck etc.</p>	<p>NO EQUIPMENT NEEDED JUST LOTS OF SPACE</p> <p>30 Seconds of work followed by 30 seconds of rest for 5 exercises twice through.</p> <p>Total time approx. 10 minutes</p>	<p>Warm up – jogging on the spot for 1 minute</p> <p>Circuit</p> <ol style="list-style-type: none"> 1- Rebound jumps – Glue feet together and jump up and down without stopping. 2- Hold a plank – Hands and feet on floor, back flat (bum not stuck in air) squeeze tummy 3- Side to side shuttles – keeping body facing forwards take 3 steps to the side and touch floor then 3 steps the other way and touch floor then repeat. 4- Star jumps – jump arms and legs out then back in then repeat 5- Squats – start with feet apart. Bend knees until hips inline with knees then stand back up