



The Manor
Preparatory School



Year 3 & 4 PE Lesson:

FITNESS: CIRCUITS - HEALTHY HEARTS

Layout 5 markers in a space around your area
These are your 5 cardio circuit activities

- Station 1: Perform 6 star jumps
- Station 2: Perform 6 mountain climbers
- Station 3: Skip or jump for 6 seconds
- Station 4: Perform 6 burpees
- Station 5: Jog on the spot for 10 seconds

Can you keep trying even if you feel tired?

How many times can you repeat the circuit?



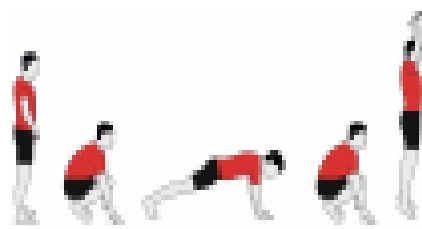
Station 1



Station 2



Station 3



Station 4



Station 5

Top Tips!

Break into a sweat!

When we increase our heart rate, more blood pumps around our body providing oxygen from the lungs to the muscles

Lets Reflect

Were you able to work hard and increase your heart rate?

Do you understand why it is important to raise our heart rate and keep active?