




Year 3 & 4 PE Lesson:

FITNESS: CIRCUITS - SUPER STRENGTH!

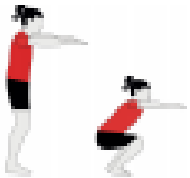
Layout 5 markers in a space around your area
These are your 5 strength circuit activities

- Station 1: Perform 5 squat jumps
- Station 2: Perform 5 lying ball lifts
- Station 3: Perform 5 push outs
- Station 4: Perform 5 sit ups
- Station 5: Perform 5 box press ups



Can you keep trying even if you feel tired?

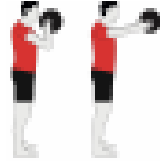
How many times can you repeat the circuit?



Station 1



Station 2



Station 3



Station 4



Station 5

Top Tips!

Work Hard!

By working hard we will improve our strength.

'Muscular strength is defined as the maximum amount of force that a muscle can exert against a form of resistance in a single effort'

Lets Reflect

Do you understand why working hard will help improve the strength of your muscles?

Do you understand why it is important to be strong when playing sport?