




Year 5 & 6 PE Lesson:

## FITNESS: CIRCUITS - SUPER STRENGTH!

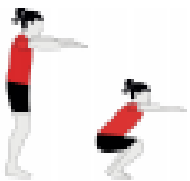
Layout 5 markers in a space around your area  
These are your 5 strength circuit activities

- Station 1: Perform 10 squat jumps
- Station 2: Perform 10 lying ball lifts
- Station 3: Perform 10 push outs
- Station 4: Perform 10 sit ups
- Station 5: Perform 10 box press ups

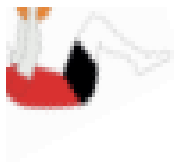


Can you keep trying even if you feel tired?

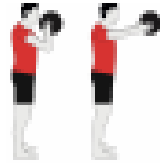
How many times can you repeat the circuit?



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?