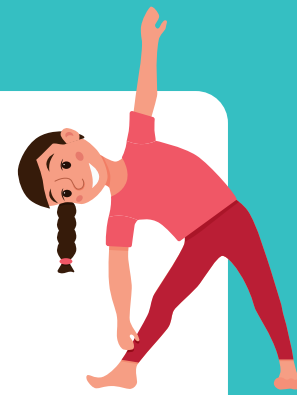


Fitness Circuits - Recording Sheet



Complete each activity for one minute and rest for one minute in between each exercise.

Record how many repetitions of each activity you complete each day. If you have time, you could repeat an exercise to improve your score.

	Mon	Tue	Wed	Thu	Fri
1) tuck jump					
2) step ups					
3) jumping jacks					
4) throw and catch					
5) run (on the spot)					
6) line jump					

Complete at the end of the week:

How have I improved?

1. Tuck Jump



Jump, lifting your knees into your chest.

Record how many jumps you complete.

2. Step Ups



Find a step and step up, one foot after the other, then down.

Record how many 'up and downs' you complete.

3. Jumping Jacks



Jump, placing legs shoulder width apart and raising arms. Jump again, placing legs together and putting hands by your side.

Record how many you complete.

4. Throw & Catch



Stand on a spot and throw a ball in the air and catch it.

Record how many you complete.

2. Run (on the spot)



Run for 1 minute on the spot.

Record how many steps that you run.

3. Line Jump



Jump over a line from one side to the other, keeping your feet together.

Record how many jumps you complete.