

Year 4 PE

Circuit Training

Complete each activity for 60 seconds. Have a 20 second break then continue to the next activity.

Jog on the  
spot

Burpees

Star jumps

Lunges

Squats

## Beat it challenge!

Complete the exercises below – try and improve your score over the week. See if you can beat a sibling or parent/carer.

If you are not sure what any of the exercises are – you could research them on google.

Exercise	Score 1	Score 2	Score 3	Score 4	Score 5
How long can you plank for?					
How many burpees in 60 seconds?					
How many squats in 60 seconds?					
How many sit ups in 60 seconds?					
Your choice 1 -					
Your choice 2 -					
Your choice 3 -					