

# Circuit Training

*This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve our skills through circuit training. In addition, we evaluate and recognise our own successes.*

Circuit Training:

We will learn to develop flexibility, strength, technique, control and balance.

Key Vocabulary			
core	strength	endurance	stamina
reps	sets	sit-ups	leg Raises
press ups	star jumps	burpees	V-ups
squats	lunges	high knees	Planks
tricep-dips	skipping	bi-cep curl	



Self-reflection questions - Circuit Training	Yes	No	Working on
Did I have fun during our PE lessons?			
Did my fitness improve?			
Has my flexibility improved?			
Has the strength in my core, arms and legs improved?			
Has my control and balance improved?			
Did I use the correct form?			
Has my overall speed increased?			
Have I learned something new this term?			
Give an example of something you did well...			
Give an example of something you can improve...			