



First warm  
up with one  
of our  
favourite  
GoNoodles!



## Create a fitness circuit.

Pick 5 exercises off the next slides.

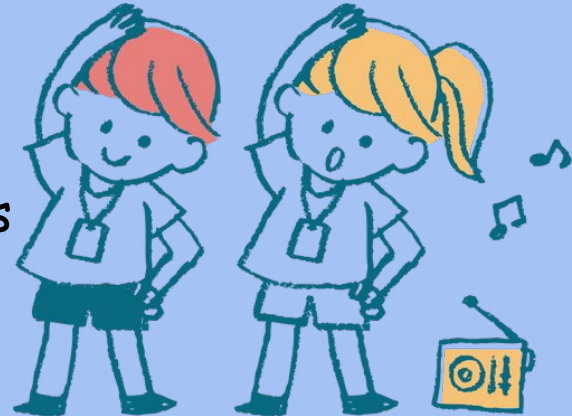
Put them together to create a circuit. Do each exercise for 1 minute then have a little break before starting the next circuit.

Repeat the circuit 3 times.

Maybe you could put some music on or get your family involved too!

Send us a photo or channel your inner Joe Wicks and send us a little video of your work out.

Enjoy those endorphins!





## My Example Circuit



|                         |                         |                         |                       |                     |
|-------------------------|-------------------------|-------------------------|-----------------------|---------------------|
| Jog on spot<br>1 minute | Wall pushes<br>1 minute | Bunny Jumps<br>1 minute | Bear walk<br>1 minute | Burpees<br>1 minute |
| <b>2 minute break</b>   |                         |                         |                       |                     |
| Jog on spot<br>1 minute | Wall pushes<br>1 minute | Bunny Jumps<br>1 minute | Bear walk<br>1 minute | Burpees<br>1 minute |
| <b>2 minute break</b>   |                         |                         |                       |                     |
| Jog on spot<br>1 minute | Wall pushes<br>1 minute | Bunny Jumps<br>1 minute | Bear walk<br>1 minute | Burpees<br>1 minute |

## Jogging on the Spot

Jog on the spot and try your best to keep in the same place.



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## Jogging

Jog from one point to another and try your best to keep the same pace.



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## Plank

Hold your body in the plank position for as long as you can. Take a rest when you need to.  
You can put your knees on the floor to make the move easier.



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## Leg Raises

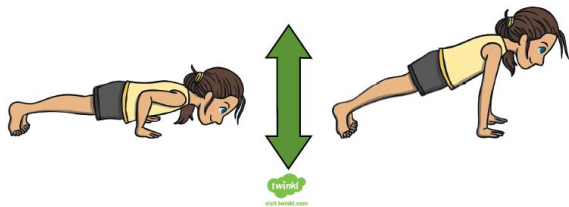
Lie on your back and slowly raise one leg. Lower your leg slowly back down to the floor.  
Repeat with the other leg.



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## Press-Ups

You can put your knees on the floor to make the move easier.



## High Knees

Raise each knee in front of you, one at a time, as high as you can.  
To make this more challenging, try to do this quicker.



## Burpees

Try to maintain the same pace completing burpees. Try to keep your toes pointed and your legs straight.

### What is a burpee?

Standing with your feet at shoulder width apart, bend from the knees and place both palms on the floor. Place your right foot back and then your left foot so that you are in a plank position. Bring your right leg and then left leg back into squat position and jump. Repeat.



### Fitness Circuit Cards

## Skipping Track

Skip around the circuit:

- How many laps can you do?
- Are you faster than your friend?
- Can you skip backwards?



## □ sit ups



## Tuck jumps

Do 10 tuck jumps:

- How high can you jump?
- Can you jump higher than your buddy?
- How many tuck jumps can you do without stopping?



## Bunny Jumps

Do 10 bunny jumps:

- How far can you travel?
- How high can you jump?
- Can you jump higher or further than your friend?



## Line Jumps

Face a line and jump forwards and backwards over the line:

- What happens if you jump using your arms to propel you?
- What happens if you **don't** use your arms?
- How many jumps can you do in a minute?

## Hopping

Hop around the circuit:

- How many laps can you do?
- How many hops can you do before you need to swap legs?



## crab walk



Fitness Circuit Cards

## Tiptoe Walking

Tip toe around the circuit:

- Can you tip toe fast?
- Can you tip toe slowly?



Gross Motor Activity Cards

## Wall Warm Up

Find a wall. How many arm pushes can you do in a minute?



Sensory Brain Break

## Peanut rock

Find a space. Tuck your knees into your chest. Can you rock backwards and forwards.



Sensory Brain Break

## Chair Pushes

Sit on a chair. Hold the sides of the chair and push yourself up, off the chair. Can you do 10 chair pushes?



## bear walk

