

# P.E

Week 2

Years 3 and 4

## Participate in cardio based circuit

### **Warm up:**

Range of tempo and movements in space followed by dynamic stretches. Try numbers 1, 6, 9 shown in diagram below.

### **Activity:**

Set up a simple circuit focusing on cardio work.....

*Shuttle runs, star jumps, burpees, skipping & box jumps.*

Work in pairs with parents or siblings- one participating, one counting/resting then alternate.

Children should work for **60 seconds** at each station with continuous, intense actions.

You can also research different cardio based exercises and perform them too. I have given you some examples below...

I would love to see what exercises you find. And remember to write down how many you perform in 60 seconds. Let's try and beat our record each day next week.

### Please ensure you exercise while under parental supervision.

Keep sending back your P.E pictures. YOU'RE ALL DOING AMAZING!!

Mr Spadaccini

