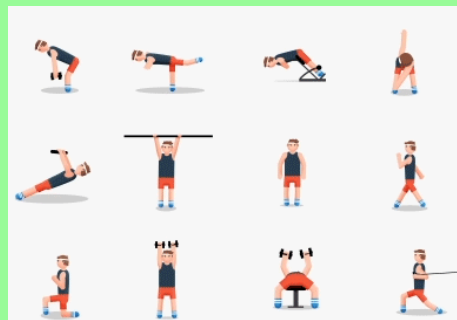


Circuit Training



In class, we are doing circuit training in PE.

The idea is to do the activity at each station for 30 seconds and then record your score on the record sheet. Use a timer to time a 30 second rest. Then begin the next activity. Each week, try to improve each score.

Make sure you do a quick warm up first e.g. jogging, star jumps and stretches.

Remember to stretch at the end.

