

Lesson 1 : Keeping strong, fit & healthy

Fitness circuits

Physical Development - Building Understanding

Mark Dolan



Activity Card

Healthy Living: Fitness circuits



Always make sure you warm up to get your body ready for exercise.



Stretching is really good for us and is an important part of our fitness circuit.

Practise dynamic movements in your circuit (running, jumping & skipping).

Add stations to your fitness circuit and try to increase the time and intensity of the exercise.

Use household objects as part of your circuit e.g. scarf & tins of soup.

Think about how your body changes before, during and after exercise.



Try different balances as part of your fitness circuit (these could be standing up or sitting down balances).



Have some strength stations on your fitness circuit where you can really flex your muscles!

