

# **Lesson 1 : Keeping strong, fit & healthy**

## **Fitness circuits**

Physical Development - Building Understanding

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# 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!**

