

An 18 Minute Circuit Challenge

This week, as well as any active minutes, there will be a PE Circuit focus. Watch the clip below to learn the 6 different activities that are mentioned in the table.

<https://www.youtube.com/watch?v=pImrFWwOFxw&safe=true>

Every day, at a time that is convenient for you, fill in the table below. For Monday, do as many 'toe reaches' as you can in 1 minute and record your score in the first Monday box. Then spend 1 minute doing 'ski hops' and write your score in the first Monday box and so on. Once the first Monday box has been filled, go back and start your 'toe reaches' again and put your score in the second Monday box. Each activity will then have been done 3 times taking 3 minutes, which makes 18 minutes in total for Monday. Submit your scores everyday so that we can see how you are getting on and then we will return the table to you for you to add the next day. This is a great way to improve your fitness - good luck!

[illegible]