

# Year 1 Circuit Training

*This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve our skills through circuit training. In addition, we evaluate and recognise our own successes.*

## Circuit Training:

We will learn to develop flexibility, strength, technique, control and balance.

Key Vocabulary			
jump	strength	bend	run
hop	breathing	squat	pace
bounce	sweat	balance	time
control	heart rate	movement	rep



Questions to develop learning	5-star self-rating
Am I able to skip?	★ ★ ★ ★ ★
Can I bounce a ball on a bat?	★ ★ ★ ★ ★
Am I able to complete the step ladder run?	★ ★ ★ ★ ★
Can I use a hula hoop?	★ ★ ★ ★ ★
Was I able to take part in a bean bag relay?	★ ★ ★ ★ ★
Can I complete step ups?	★ ★ ★ ★ ★
My greatest achievement this term was...	