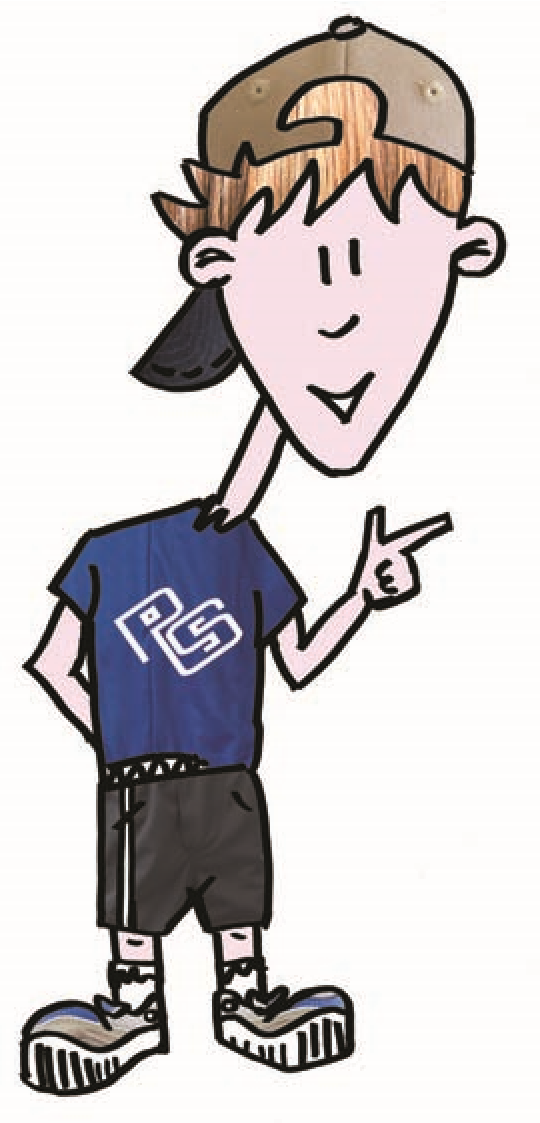
All about me:



**This is a picture of me**

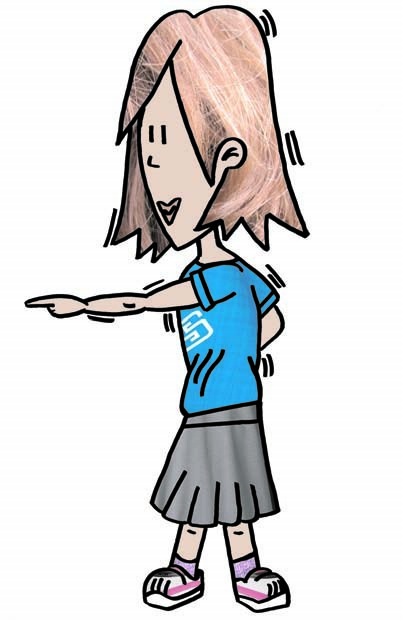
My name is: ............................................................................................................

My age is: ................................................................................................................

**MY CIRCUIT BOOK**

**Warm Up!**

**When I perform my circuit I understand the importance of doing a warm-up first.**



**Put the missing words in the correct sentence:**

**Muscles Faster Prepares Flexible**

A warm-up \_\_\_\_\_\_\_\_\_\_\_\_\_ my body for exercise.

My heart beats \_\_\_\_\_\_\_\_\_\_\_\_\_ after I have performed a warm – up.

My heart will help to pump blood into my \_\_\_\_\_\_\_\_\_\_\_\_\_

When my muscles become warm they are more \_\_\_\_\_\_\_\_\_\_\_\_\_

**The Beanbag-spe**



**Challenge!**

**SPEED:**

Speed is essential to all athletes, and

whatever sport you play, it will allow you to

react quicker than your opponent, recover

quicker and perform your skills with greater

intensity and control.

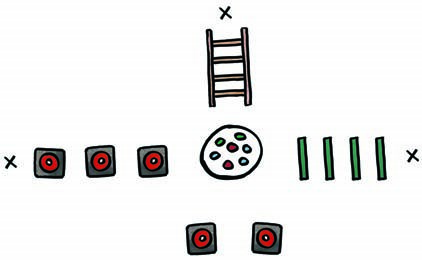
**How fast can you carry the coloured beanbags**

**-**

**one at a time, and place them on the correct**

**spot, while tackling the different pieces of**

**equipment?**

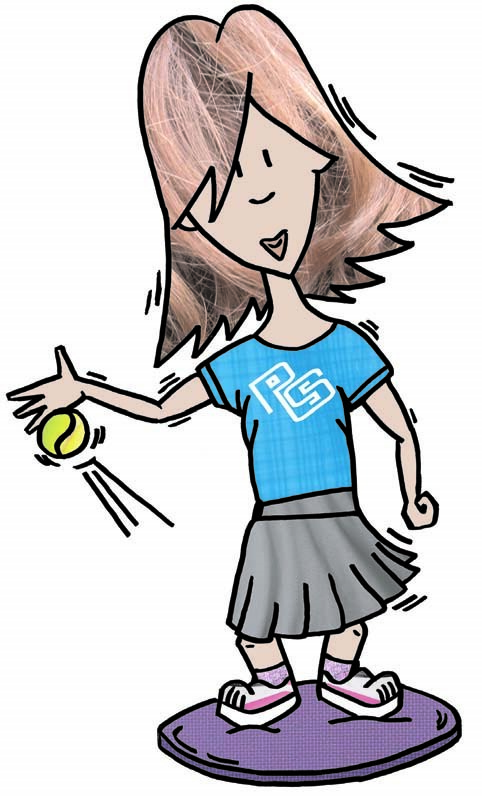


|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | **Record your time here:** | |  |  |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
|  |  |  |  |  |  |

|  |
| --- |
| Station 2 |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | **Record your score here:** | | | | | | | |  | |
| Week 1 | | Week 2 | | Week 3 | | Week 4 | | Week 5 | | Week 6 | |
| L | R | L | R | L | R | L | R | L | R | L | R |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |

**The Agility Challenge!**



**AGILITY:**

Being agile and having good

body control will allow your

technique to better withstand

external pressure and react

efficiently to challenges.

**How many catches can you make on the**

**agility disc in 30 seconds using your**

**right hand for 5 attempts and left hand**

**for 5 attempts?**

|  |
| --- |
| Station 3 |

**The Slalom Relay!**

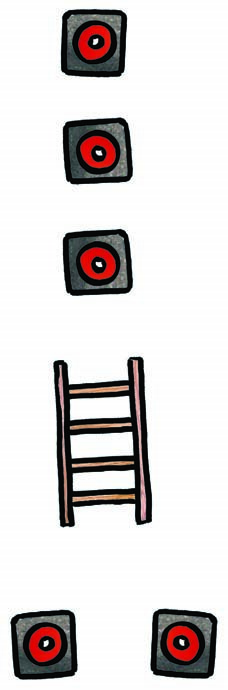


**How quickly can you collect 10 cones**

**one at a time, while going through**

**the slalom**

**?**



**RANDOM**

**SPEED:**

If you can change

direction with speed,

when you play sport

it will allow you to

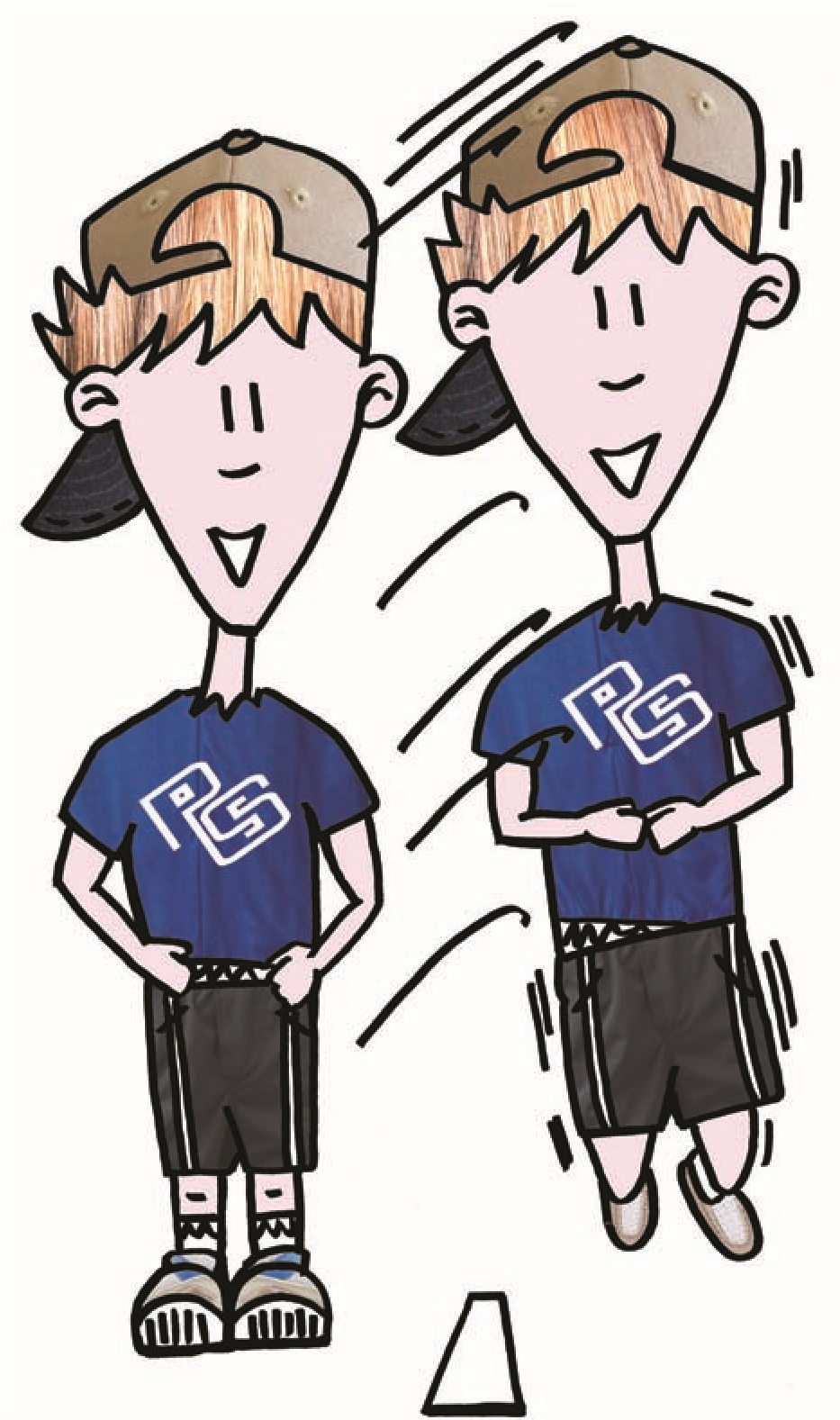
get past opponents

with efficiency.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | **Record your time here:** | |  |  |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

|  |
| --- |
| Station 4 |

**Jump for it!**



**BALANCE:**

Being able to control

your body while

moving or stationary

will assist you to be

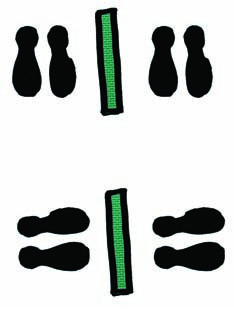
successful at sport.

**How many lateral and linear**

**jumps can you perform in**

**30**

**seconds?**



|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | **Record your score here:** | | | | | | | |  | |
| Week 1 | | Week 2 | | Week 3 | | Week 4 | | Week 5 | | Week 6 | |
| Lateral | Linear | Lateral | Linear | Lateral | Linear | Lateral | Linear | Lateral | Linear | Lateral | Linear |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |

**Cooling Down!**

**When I have finished my circuit I understand the importance of cooling down.**



**Put the missing words in the correct sentence:**

**Slower Recover Relaxed**

If I cool – down it helps me to \_\_\_\_\_\_\_\_\_\_\_\_\_ quicker.

A cool – down helps me to get my body back to a more \_\_\_\_\_\_\_\_\_\_\_\_\_ state.

A cool-down should be done \_\_\_\_\_\_\_\_\_\_\_\_\_ than a warm-up.

**WELL DONE!**

**you have completed your circuit book!**