



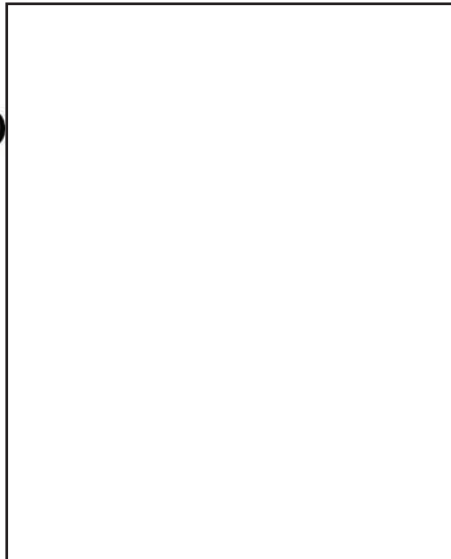
progressivesports

MY CIRCUIT BOOK

all about me:

My name is:

My age is:



This is a picture of me



The 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.

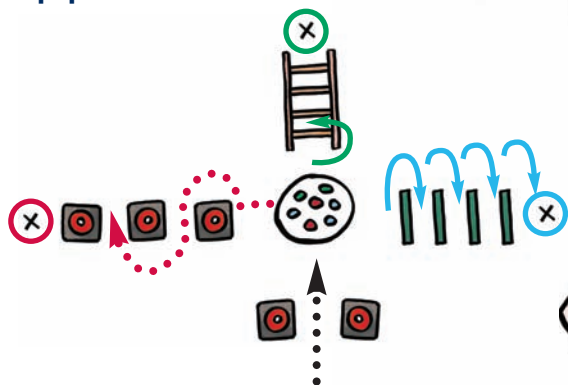
My heart will help to pump blood into my _____

When my muscles become warm they are more _____

The Beanbag-speed Challenge!

STATION 1

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?



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.



Record your time here:

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6

Station 2 The Agility Challenge!

The Agility Challenge!

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?



AGILITY:

Being agile and having good body control will allow your technique to better withstand external pressure and react efficiently to challenges.

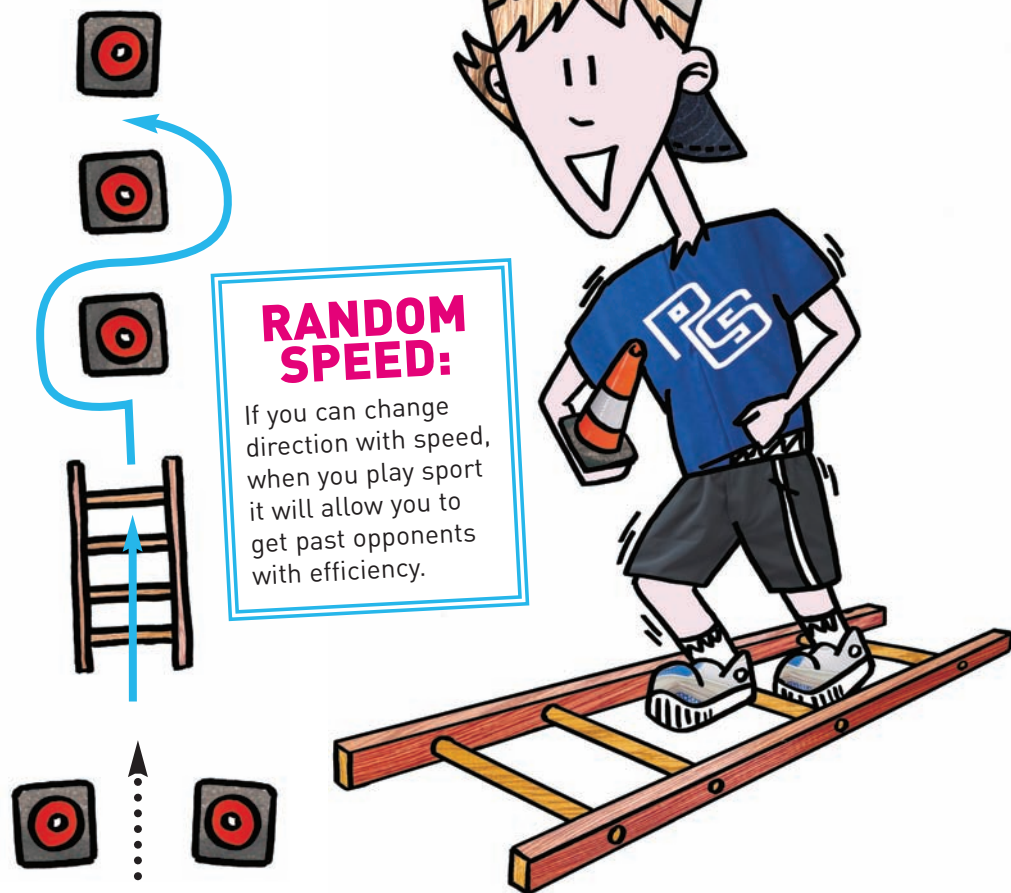
Record your score here:

[illegible]

The Slalom Relay!

STATION 3

How quickly can you collect 10 cones one at a time, while going through the slalom?



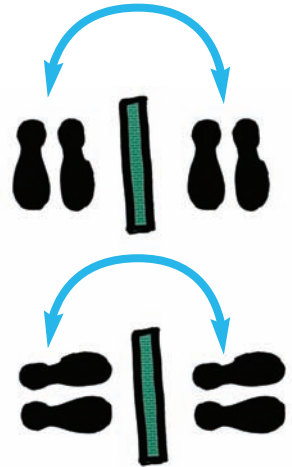
Record your time here:

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STATION 4

Jump for it!

How many lateral and linear jumps can you perform in 30 seconds?



BALANCE:

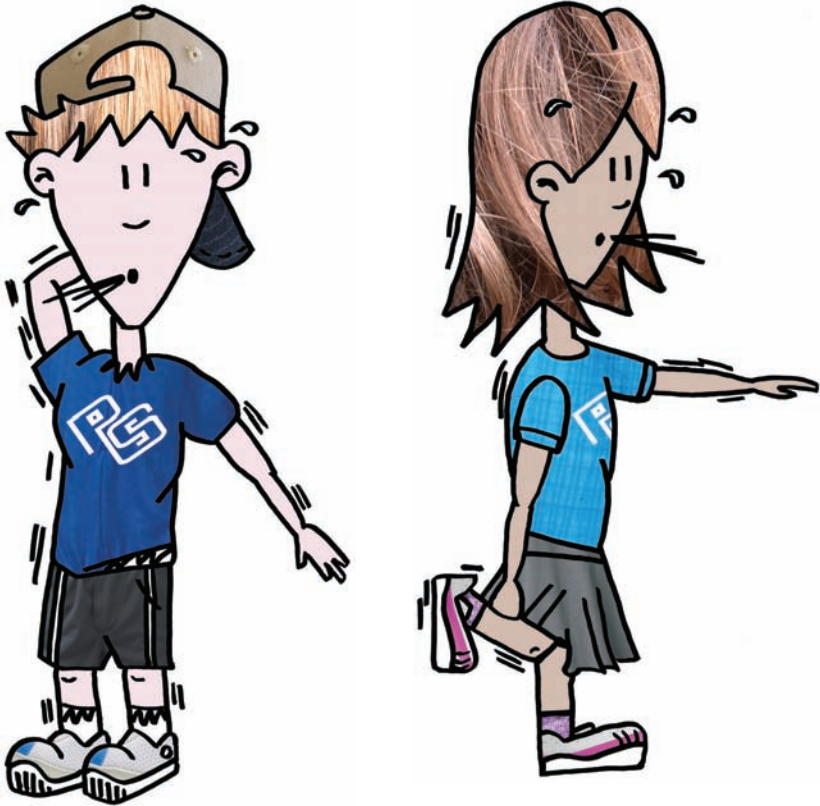
Being able to control your body while moving or stationary will assist you to be successful at sport.

Record your score here:

[illegible]

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!

The thing I enjoyed the most was:

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