

# PE CIRCUITS

# Changing direction – pivoting.

## Activity 1 of our circuit

Warming up helps us not to get injured.



A pivot is when I turn on my foot.

The image shows three overlapping 'My Scorecard' sheets. The top sheet has handwritten scores for 'Practice 1' (12) and 'Practice 2' (14). The middle sheet has handwritten scores for 'Shuttle Run' (14) and 'Mat Leap' (16). The bottom sheet is blank.

Activity	Practice 1	Practice 2	Circuit 1	Circuit 2
Shuttle Run	14	16		
Mat Leap	16			

Activity	Practice 1	Practice 2	Circuit 1	Circuit 2
Shuttle Run	15	16		
Mat Leap				
Hopscotch				
Quoit Balance				
Step-Up and Star Jump				
Target Throw				
Body Ball				
Jump the Stream				

I beat my score from the first time!



Practicing will make us get better and better.



We practised one of the activities that will be in our entire circuit in a few weeks time.



# Circuits lesson 2



Today we warmed our bodies up by doing three laps around the heart track – a circular track like a circuit! We had to hopscotch on the numbers, hop on the footprints and rocks and use fast legs on the lines.

Hopping on one leg is quite tricky, it's easier on this leg.

I beat my score on the second go! I got 7 and then 10.





# Jump the stream

Jump the stream – we had to count how many times we could do a feet together jump over the ‘stream’ in 30 seconds. We had two attempts and had to try and beat our score.



I beat my last score! I got 21 and then 28!



I can't make both legs go over at the same time!

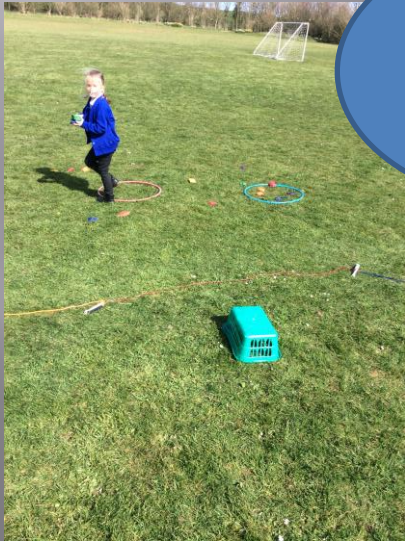


# More circuit activities – balance!

How many times can you pass the ball around your body?



I got three bags in the hoop!



I got ten beanbags in on my second go – I got better!

How many of the 10 bean bags can you get in the hoop?



I need to look where I am going to throw the beanbag.





# Circuit 1

I beat my score!

It's a circuit because it's in a circle.



My Scorecard

Activity	Practice 1	Practice 2	Circuit 1	Circuit 2
Shuttle Run	31	13		
Mat Leap	40			
Hopscotch	6	10		
Quoit Balance		6		
Step-Up and Star Jump				
Target Throw	7		11	
Body Ball	16	23	12	
Jump the Stream	28	53	40	45

My Scorecard

Activity	Practice 1	Practice 2	Circuit 1	Circuit 2
Shuttle Run	15	16	12	
Mat Leap				
Hopscotch	165			
Quoit Balance				
Step-Up and Star Jump	6			
Target Throw	7	2	0	
Body Ball	18	20	0	
Jump the Stream	31	36	27	

We did our first session of the complete circuit and tried to beat our two practice scores from previous weeks.





# Circuit 2



I lost count so  
it's a good job  
I had a partner  
to count me as  
well.

It's still hard  
to pivot  
sometimes.



All of my  
bean bags  
went in the  
hoop!



I'm really  
good at the  
jump the  
stream now, I  
have  
practised.

# PE FLE YR 1 Circuit Training

## What we already know:

- Previous gymnastics topic we linked movements together to create a sequence.
- EYFS have throwing and jumping activities in continuous provision outside.



## Our Endpoint

Repeating our circuit with an improved score

## Forever Facts

We need to warm up before exercise to warm up our muscles and make our hearts beat faster.

If we look where we want to throw something, it will be more accurate.

If we keep training and practicing, we will improve our scores.

## Culture Capital

- Working alongside others.
- Understanding why it is important to exercise and keep our bodies healthy.

## Subject Specific Vocabulary

Control	The ability to manage your own body and make sure it isn't all floppy.
Balance	Having control over your body so that you don't fall over.
Training	Practicing movements and skills so that you can perform better.
Circuit	A selection of activities positioned in a circle for you to complete one after the other.
Score	A record of the points that you have achieved.

## Exciting books



## Skills

- I can throw objects accurately.
- I can jump accurately and safely.
- I can complete a circuit of exercises.