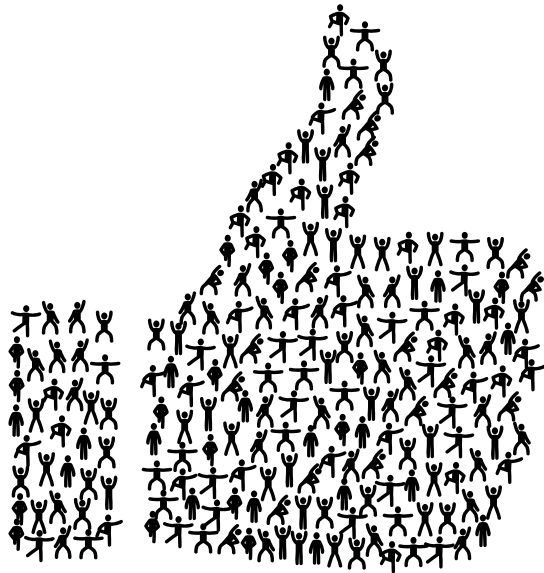


The new challenge for PE this week is

Using items that you can only find in your home, this includes your garden and your shed. Design a circuit training session.



This should include at least **four** different exercise stations and a maximum of eight.

Remember when you were doing circuit training you must exercise for a certain amount of **time**, can I suggest 2 to 3 minutes. Then you must

rest, I would suggest you rest for 45 seconds to 1 minute.

I look forward to seeing any pictures of you doing this fitness circuit, try and encourage some of your family members to join in as well. As it is always good to exercise with others.

Keep active keep safe and I will see you all soon

Mr Welsh