

Grade 3-6 PE - HOME CIRCUIT FAMILY ACTIVITY

HEALTH RELATED FITNESS UNIT

Grade 5/6 students: To develop 3 individual fitness circuits, each specific to a different sport

Grade 3/4 students: To develop 1 individual fitness circuit for their favourite sport.

Select a sport you enjoy participating in: _____

- **Create a circuit** with a minimum of 6 stations. The circuit must include exercises that you think will help improve your fitness for the sport you have chosen.
- **Identify the fitness component** each exercise will be developing.
- **Teach your circuit to at least one family member.** Put on your favourite music and enjoy participating in the circuit with your family member/s. Complete the circuit 3 times.
- **Take a photo and upload to your Firefly blog,** to show your family being active together.
- **Ask a family member to write a short reflection.**

EXERCISE	FITNESS COMPONENT	DURATION / REPETITIONS	REST
Eg: Balance on one leg and bounce a ball	Balance	30 seconds	30 seconds
1.			
2.			
3.			
4.			
5.			
6.			

Reflection from family member: (please write a couple of sentences, reflecting on the circuit you have just participated in.)

Name:

Reflection: