

Circuits to test your skills and training progress KS1/2 + make your own

Whitchurch Circuit training progress chart KS1																
	Week 1							Week2								
Exercise	1	2	3	4	5	6	7			1	2	3	4	5	6	7
Shuttle runs There and back=1																
skipping																
Step ups on stairs Two feet=1																
Star jumps																
Bunny/frog hops each jump=1																
Feet change on stairs 1 foot up=1																
Throw up and catch=1																
REST																

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	Week 1							Week2								
Exercise	1	2	3	4	5	6	7			1	2	3	4	5	6	7
Thow a javelin /ball as far as you can																
Basketball bounce																
Football dribble around cones there and back=1																
Racket and ball																
Squats/burpees																
Plank taps																
Throw and catch tennis ball against wall																
REST																

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[illegible]