

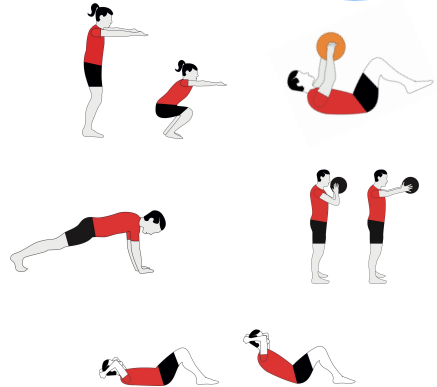


Super Strength PE Home Learning

Can you try your hardest on each station and ensure you do not give up?

Time to Learn:

- Lay out five markers in a space around your area. These are your five strength circuit activities.
- **Station 1:** Perform ten squat jumps.
- **Station 2:** Perform ten lying ball lifts.
- **Station 3:** Perform ten push outs.
- **Station 4:** Perform ten sit ups.
- **Station 5:** Perform ten box press ups.
- How many times can you repeat the circuit?



Perform five 'repetitions' on each station instead of ten.

Exercise for one minute at each station before moving to the next one.

Challenge other members of your family to complete the circuit with you.

Top Tips

Work Hard!

- By working hard we will improve our strength.
Muscular strength is defined as the maximum amount of force that a muscle can exert against a form of resistance in a single effort.



Let's Reflect

Do you understand why working hard will help improve the strength of your muscles?

Do you understand why it is important to be strong when playing sport?