**Home PE Circuit**

**Warm ups:**

* Stretch your arms to warm up arm muscles
	+ Make circles forward x 5
	+ Make circles backwards x 5
	+ Move arms up and down 5 times
* Warm up ankles
	+ Move your feet up and down x 5 each foot
	+ Make circles with your feet x 5 each foot
* Warm up your neck
	+ Move your head side to side 5 times each
	+ Move your head forward and back 5 times



**Circuits**

Do each of these exercises for 30 seconds and take 30 second breaks in between each one.

1. Star jumps



1. Running on the spot
2. Skipping. If you do not have a skipping rope, just jump on the spot.
3. Sprint wall to wall
4. Mountain climbing



1. Superman



1. Squats



1. Bicep curls - you can hold small tins or potatoes 
2. Steps - you can do this on your first stair



If you have more energy you can repeat the circuit.

**Cooldown**

* Shake all your muscles loose
* Stretch your arms and legs
* Go for a walk for a minute