**Title: power circuit**

**Type: Power circuit, fitness, stamina, endurance, circuit**

**Lesson Goal:** Getting fit.

This circuit has different stations. You work on different parts of your body and write down how you are doing. You can repeat the lesson after a while to find out if there is a difference and if you improved yourself. 

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| **Instruction** | **Differentiation options** | **Extra info** |
| Work in pairs. First explain all different exercises. Maybe even with an example.Then make sure all pairs divide themselves over the different exercises. These are the exercises:BurpeesBicepcurlSit-upsSquat10 meter sprintRope jumpingPush upsDipsAbdominal muscles medicine ballPlanking All the exercises are explained in the extra sheet attached to this lesson. There is also a score sheet and for every exercise an explanation on 1 A4 so you can print it and place it next to the exercise.Work for 1 minute while you put on the music. Give them some time to write down what they did and to change. Then another 1 minute. After that they change in the direction you explained and it starts over again. There are 10 exercises. You can take either all exercises during 1 lesson but you can also choose to start with a different warm up and only do half of the exercises over 2 lessons.  | Work aloneIncrease timeMake them choose between heavier equipment.  |  |
| **Field set-up:**Afbeelding met schermafbeelding  Automatisch gegenereerde beschrijving |
| **Link to support/assessment document** |

**Additional pages if necessary:**

**There are attachments to this lesson you can print.**