

Year 6 PE task

Health Related Exercise – Circuit training

Task – Choose an area of PE that you enjoy or would like to know more about and select a professional athlete from that area. For example, you might select athletics and you could use British sprinting record holder Dina Asher-Smith. Think about that athletes' key skills that make her great at what she does. Circuit training can support us to improve our skills as well as our overall fitness and health. Your task is to create a short circuit to complete that will benefit your chosen area and support your chosen athlete. See my circuit below for ideas. You will need to think about what you are you trying to improve and prioritise what is most important for that athlete. Now, decide on between 6 and 8 stations to put on your circuit that support that athletes training.

Key things to remember for circuit training

- Try to vary the activities so that the circuit does not become tedious
- Try not to have stations next to each other that focus on the same skills
- Keep the exercises and activities short
- Make sure the activities are relevant to that sport and athlete
- Build in rest periods between each station
- Think of simple activities that are easy to set up

Work out what it is you are try to improve or develop first and then think of some activities which help improve the skills you have identified. I would like you to try your circuit 2-3 times a week over the next 2 weeks to see if you think you have improved. You might want to design a test for your skills you are trying to improve so you can test yourself at the start and the end. Remember, you might need to change some of your activities to suit you and not your athlete.

Next, can you deliver this circuit to a family member? Can you adapt your circuit that suited you and your athlete to suit your family member and the skills they wish to improve?

Head over to the next page to see my circuit for a sprinter.

My circuit for a sprinter

Stations:

My sprinter will need power at the start of the race to come out of the blocks quickly, speed to run fast, reaction time to react to the starting gun quickly and muscular strength so they have enough power. My sprinter will work for 45 seconds on each station continuously and then rest for 45 seconds before starting the next station. They will complete this circuit 3 times.

1. Shuttle runs – this supports speed and sprinting technique
2. Cone taps – 4 coloured cones in a square formation and the athlete touches the cone when called. This develops reaction time
3. Squats – this supports strength in the legs
4. Box jumps – this supports power in the legs
5. 10 m sprints – this develops an athletes reaction time, reacting quickly to 'go'
6. Baton change overs – this helps a sprinter to practise their baton change overs
7. Skips with high knees – to support power
8. Hill sprints – this develops speed

My sprinter test will be a 40m sprint. They will complete a 40m sprint before they start the first circuit training session and after the last one to see if they have improved.

