

Year 1 Garden Circuits Recording Sheet

Exercises	First Attempt	Second Attempt	Third Attempt
Star Jumps <i>How many can you do in 1 minute?</i>			
Line Jumps Face a line and jump forwards and backwards <i>How many in 1 minute?</i>			
Knee Highs <i>How many in 1 minute?</i>			
Bunny Jumps <i>How many in 1 minute?</i>			
Wall Throws <i>How many times can you throw and catch the ball against a wall.</i>			
Shuttle Runs <i>How many in 1 minute?</i>			
Arm Circles <i>How many in 1 minute?</i>			
Jogging on the Spot <i>Can you job on the spot for 1 minute?</i>			
Step-Ups <i>How many in a minute? (Be careful, one foot at a time!)</i>			

Knee Highs - Stand on the spot with your arms out in front of you. Can you jog on the spot, making your knees touch your hands?

Bunny Jumps - Jump from side to side getting your legs as high as possible (Joe Wicks has done these in his workouts).

Shuttle Runs - Set out 2 cones (or something similar - cans, cups etc.) about 10m apart (or less depending on the space you have) and run from one to the other and back again.

Arm circles - Hold your arms straight out to the side, like wings, and rotate round forwards or backwards.

Step-Ups - Use a step and step on and off it one foot at a time