Healthy Hearts

Home Physical Education

Can you complete the circuit with a partner, encouraging each other?

How to play:

- Layout 5 markers in a space around your area. These are your 5 cardio circuit activities.
- **Station 1:** Perform 10 star jumps.
- **Station 2:** Perform 10 mountain climbers.
- **Station 3:** Skip or jump for 10 seconds.
- **Station 4:** Perform 10 burpees.
- **Station 5:** Jog on the spot for 10 seconds.
- How many times can you repeat the circuit?

Can you keep trying even if you feel tired?

Top Tips

Break into a sweat!

When we increase our heart rate, more blood pumps around our body providing oxygen from the lungs to the muscles.

Let's Reflect

Were you able to work hard and increase your heart rate?

Do you understand why it is important to raise our heart rate and keep active?