

Below are your tasks for the next seven days in the subject listed above.

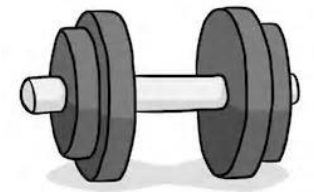
Year 7 and 8 Independent Learning Challenge – Circuit training at home

What will you be assessed on?

- The layout of your work.
- The quality of your research.
- The quality of your own work.
- The presentation and creativity of your work.

You are completing this Independent Learning Challenge to help you further understand the following:

- Why we should exercise.
- How to create a successful workout from home.
- What circuit training is
- How to target different muscle groups in a workout.



Task 1:

Research the following words and define them in your own words. To help you to do this you can use the internet, books or other resources.

Key words:

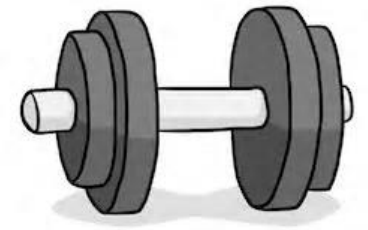
- Exercise
- Cardiovascular Fitness
- Muscular Strength
- Muscular Endurance

**Task 2:****Your second task is to:**

- Research the importance of a warm up before exercise.
- Research the different parts of a warm up i.e.. Pulse raiser, mobility, stretch.

You must:

- Identify the risks that could occur due to not warming up.
- Identify the benefits that could occur due to doing a warm up.
- Identify the key role of each part of a warm up.



Task 3:

Explain what circuit training is.

You must:

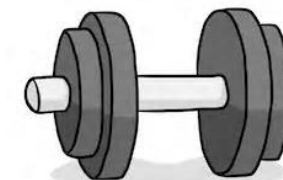
- Explain what circuit training is in a minimum of 50 words using illustrations and pictures to help.
- Use your own words.

Task 4:

Create your own circuit session with ten different stations. I have attached a template for you to use if you wish. Remember a circuit session could be set out like the template with ten different stations that you rotate around, or it could be done in your bedroom where you do the ten different stations in the same spot.

Your circuit session should include:

- 10 different exercises (labelled i.e. press ups, sit ups).
- Exercises that target different muscle groups.
- A rest period between each exercise.
- A set amount of time/ reps on each exercise.
- An easier and a harder option i.e. press ups - **Easier** press ups on your knees, **Harder** - press ups with a clap.



Exercise.
Easier.
Harder.

Exercise.
Easier.
Harder.

Exercise.
Easier.
Harder.

Exercise.
Easier.
Harder.

Exercise.
Easier.
Harder.

Exercise.
Easier.
Harder.

Circuit training.

Rest period between exercises.....

Time/ reps per exercise.....

Exercise.
Easier.
Harder.

Exercise.
Easier.
Harder.

Exercise.
Easier.
Harder.

Exercise.
Easier.
Harder.

Exercise.
Easier.
Harder.

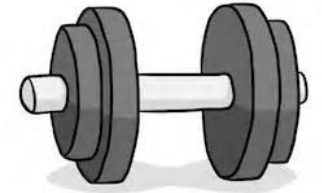
Exercise.
Easier.
Harder.

Task 5:

Complete the circuit session you have created.

You must:

- Remember to warm up before you do your circuit session.
- Don't give up if you find it difficult, remember the easier option.
- Make sure you have water during the workout.



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Task 6

Identify from the work out what muscles you have worked during this circuit session. Once you have found the muscle you have worked out label the correct muscle on the human body diagram attached.

Hint

- The muscles that are hurting whilst doing the exercise are normally the muscles that are being used.
- Use the internet to check if you are not familiar with the correct name of the muscle.
- Focus on the large muscles such as the biceps, triceps, pectorals, hamstrings, quadriceps, deltoids, calves and abdominals.

Label the body.



Task 7:

In your own words explain the benefits of circuit training.

Hint

Think of space i.e. in your bedroom

Think of equipment i.e. press ups, sit ups, squats, burpees, tuck jumps, running on the spot.

Did it cost you any money? Gym membership? Buying equipment?

Task 8

Explain in your own words what are the benefits for exercising regularly, this should be a minimum of 50 words.

Hint

Look up on the internet “benefits from regular exercise” – make sure you write this in your own words.

