



PE/Health Virtual Learning

6th Grade/ Aerobic Circuit

April 30th, 2020



6th Grade/Physical Education
Lesson: [April 30th, 2020]

Objective/Learning Target:

Essential Question/ Objective: How can I improve my aerobic capacity through a variety of fitness activities?

Learning Target: LT1- I can identify critical elements to improve performance in selected skills.

*Participates in a variety of aerobic fitness activities such as cardio-kick, step aerobics and aerobic dance. (S3.M3.6)



Practice:

*Resources not needed for the circuit

Rules of the circuit:

- Perform each exercise for 30 to 60 seconds, one after the other with 30 seconds of rest in between exercises.
Repeat the circuit up to 3 times, depending on your time, fitness level and goals.



Practice:

1. Squat Jumps--[Squat Jumps](#)
2. Russian twists--[Russian twist](#)
3. Bear Crawls with Pushups--[Bear Crawl Pushups](#)
4. Wall sits--[Wall Sit](#)
5. Chair Dips--[Chair Dips](#)
6. Hurdle jumps--[Hurdle jumps](#)
7. Plyo Lunges--[Plyo Lunges](#)
8. Burpees--[Burpees](#)



Additional Practice:

Below is a link to another circuit to do at home:

[20 Minute Full Body Workout](#)



Self Assessment:

- 1. Did you find the workout to be beneficial?**
- 2. Could you create your own circuit?**
- 3. What exercises could you add to make it more fun?**