



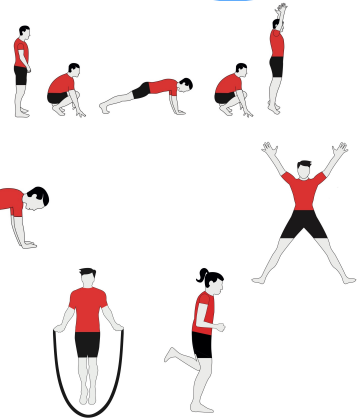
# Healthy Hearts PE Home Learning



Can you try your hardest on each station and ensure you do not give up?

## Time to Learn:

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



Perform five 'repetitions' on each station instead of ten.



Exercise for one minute at each station before moving to the next one.



Challenge other members of your family to complete the circuit with you.

## 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

How did your heart rate change during the circuit?  
Why is it important to raise your heart rate and keep active?