



Instagram



Jessica Ennis- Hill



- J-20 Mountain Climbers
- E- 60 Second Wall sit
- S- 30 Crunches
- S- 10 Burpees
- I-20 Star Jumps
- C- 10 Press Ups
- A-15 Star Jumps

- E- 60 Second Wall Sit
- N- 10 Press ups
- N- 10 Burpees
- I- 60 Sec Plank
- S- 30 Crunches

Your circuit options:

- 1- First Name only
- 2- First name and surname
- 3- Repeat!

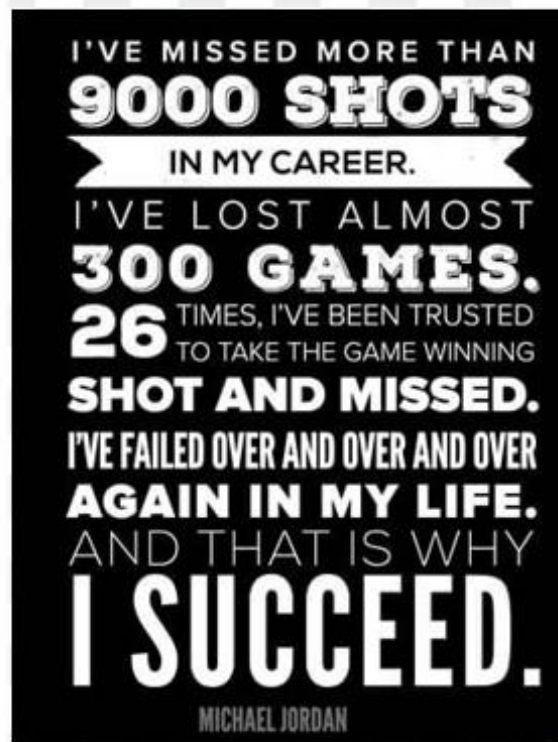
REMEMBER TO INCLUDE RESTS AND DRINK WATER!



Instagram



Task



HEAD

HEART

HANDS



HARD WORK BEATS TALENT WHEN TALENT DOESN'T WORK HARD.



Complete the athlete circuit. You can decide which option you do and how many times you go through it.

Heart- How did you show self-motivation in today's circuit? How might this help you in other areas of school/life? What is the benefit of being self-motivated?

Extension- How might elite athletes demonstrate self-motivation? Can you think of any examples?





Roger Federer



- R- 60 Sec Plank
- O- 20 Lunges
- G- 20 Squats
- E- 60 sec Wall Sit
- R- 10 Burpees

- F- 20 Arm Circles
- E- 15 Squats
- D- 10 Burpees
- E- 10 Leg Raises
- R- 15 Press ups
- E- 60 Sec Wall sit
- R- 60 Sec Plank

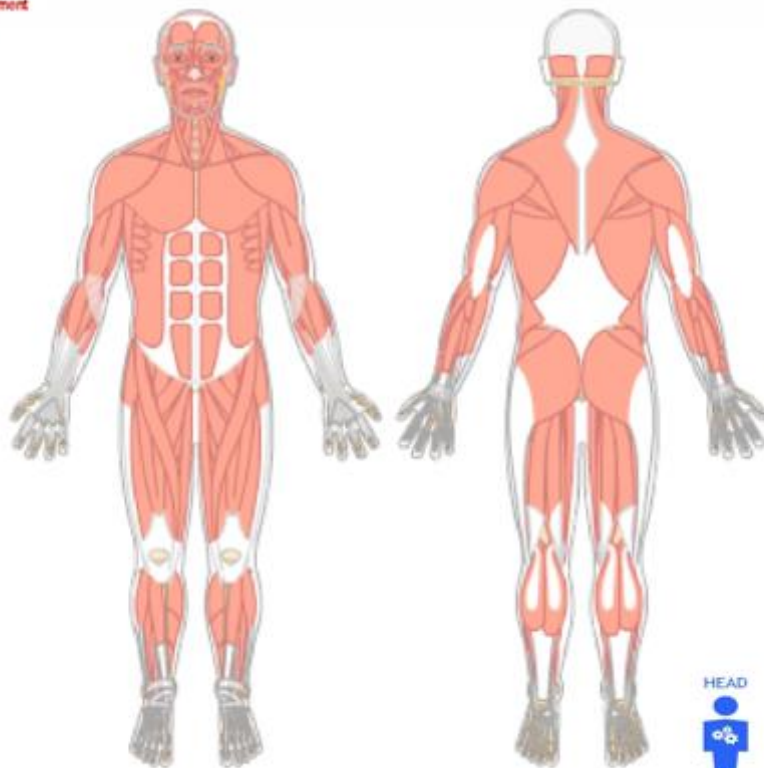
Your circuit options:

- 1- First Name only
- 2- First name and surname
- 3- Repeat!

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Task



Complete the athlete circuit. You can decide which option you do and how many times you go through it.

Can you label the muscles in the body? You can either use the attached outline, draw or create a model to label the muscles. Pick one of the exercise in the circuit which muscles are you working?

Extension- Can you identify all the muscles that Roger Federer is using in the photo?





Instagram



Owen Farrell



O- 20 Lunges

F- 20 Arm Circles

Your circuit options:

W- 15 Tricep Dips

A- 15 Press Ups

1- First Name only

E- 60 Second Wall Sit

R- 60 Sec Plank

2- First name and surname

N- 10 Press Ups

R- 10 Burpees

3- Repeat!

E- 10 Leg Raises

L- 10 Star Jumps

L- 10 Star Jumps

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Instagram



Task



Complete the athlete circuit. You can decide which option you do and how many times you go through it.

While completing the circuit think about the following questions and then write down what you think.

What is collaboration? How does Owen Farrell use collaboration in a match? How can you use collaboration in lessons and other areas of life?

