

# Year 1 PE Circuit D

Start with a warm up stretch routine:

## Stretch up tall with long arms.

This is a general stretch for the whole body.



## Stretch out wide, making a star shape.

This is a general stretch for the whole body.



## Stretch one arm above your head and reach over to the side.

Then do the same with the other arm.  
Keep your body upright – don't lean forwards or backwards.

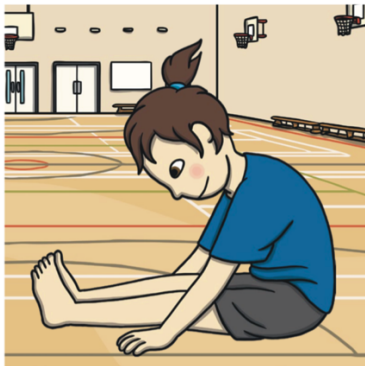
You should feel the stretch down each side.



## Sit down and put your legs out in front of you.

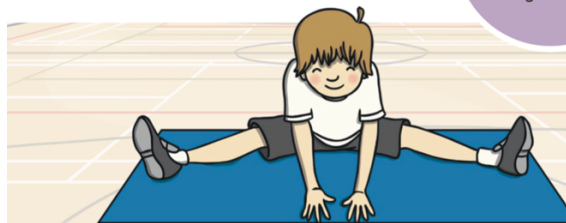
- Fold yourself over, bending from your hips.
- Point your toes upwards and try to touch them.
- Try to keep your legs straight.

You should feel the stretch down the back of your legs.



- Sit down and put your legs out in front of you.
- Move your legs apart into a straddle position.
- Fold yourself over, bending from your hips.
- How far can you walk your hands forwards?
- Try to keep your legs straight.

You should feel the stretch in your legs and groin.



- Sit on your bottom and stretch your legs out in front of you.
- Put one leg over the other, bend your knees and reach around to the opposite side.
- Try to look over your shoulder.
- Now swap legs.

You should feel the stretch in your waist and in your hips and bottom muscles.



## Why Do We Need to Stretch before Physical Activity?

- Before you stretch, it is important to get your heart pumping more blood to your muscles by doing a warm-up.
- Once your muscles are warmed up, you can stretch them to help prepare your body for exercise.
- Stretching can stop you from getting injuries and can also make your muscles more flexible.

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Here are 6 activities that could be part of your circuit. Make sure you have had a go at stretching your muscles before starting.

See if you can do each of the exercises for 30 seconds with a 10 second break between each one. Try to follow the numbers, but if you find one exercise too tricky or you feel uncomfortable when doing it, skip that one. You could put some music on to keep you motivated!

You will need: a timer, space to move, music (if needed)

## Mountain Climbers

1. Get on your hands and feet.
2. Keep your back and legs in a straight line.
3. Bend one knee and bring it to your chest.
4. Return your foot to the floor.
5. Move nice and slowly.
6. Repeat with your other knee.



## The Mummy

1. Hold your arms out to the front.
2. Kick your legs up and out to the front.
3. Cross your hands over each other. First one on top and then the other.
4. Keep your arms and legs straight.



## Frog Jump

1. Bend your knees.
2. Touch the ground.
3. Jump up high.
4. Stretch your arms above your head.
5. Keep going!



## Knee Lifts

1. Hold your arms out to the side at about chest height.
2. Keep your arms straight.
3. Lift your knee high up to your elbow.
4. Keep your back straight.
5. Return your foot to the floor.
6. Repeat with the other knee.



## Squat

1. Start with your feet a bit wider than your shoulders.
2. Squat down as if you're sitting into a chair.
3. Stand up tall again.
4. Keep a straight back.



## Running and Punching

1. Run on the spot.
2. Punch your hands forwards at shoulder height.
3. Keep your knees high.
4. Stretch your arms and punch your hands.



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Finish with a cool down routine:

Stretch up tall with long arms.

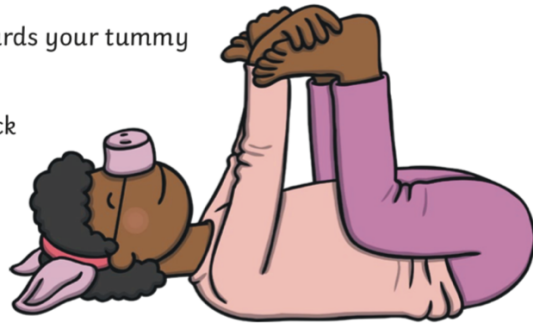


- 1 Kneel on the floor, touching your big toes together.
- 2 Sit back on your heels and separate your knees so they are hip-width apart.
- 3 Exhale and bring your head down to rest on the floor in front of you.
- 4 Place your hands wherever they are comfortable by your head, your knees, etc.
- 5 Relax and breathe, holding this pose.



This pose stretches the hips, thighs and ankles.

- 1 Lie down on your back.
- 2 Exhale, bend your knees towards your tummy and grab hold of your feet.
- 3 Allow your body to gently rock from side to side.



This stretches the groin and spine.

- 1 Lie down on your back, with arms next to your body and legs slightly apart.
- 2 Close your eyes, focus on deep breathing and relaxation. Try to do this for 2-5 minutes.



This calms the body and mind.

## Why Do We Need to Stretch after Physical Activity?

- When you've finished exercising, it's important to cool down by doing some stretches, too.
- Stretching after a workout helps to stop your muscles from feeling stiff and sore by gradually returning them to their normal state.