

# Core PE Body weight fitness circuit Challenge

**Do it Now Task:** Warm up pulse raiser and stretch: Complete a few exercises to raise you heart rate then complete 3 upper body and 3 lower body stretches (dynamic and static)

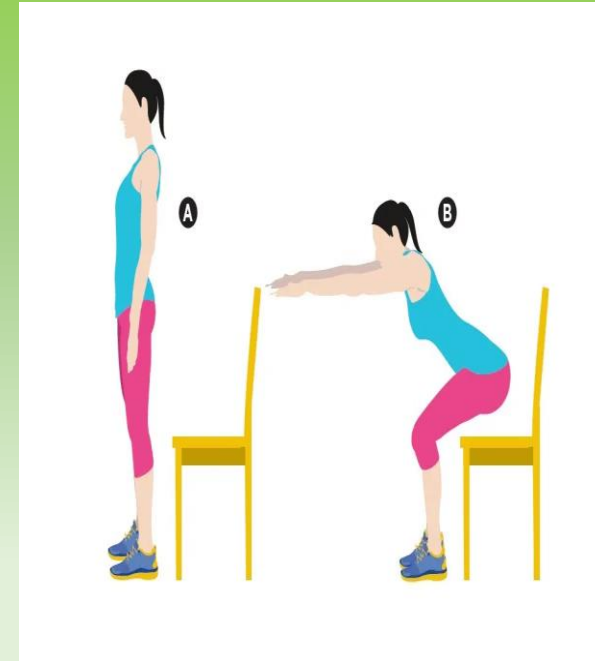
## Task/ Challenge:

Time your self how long it takes to complete the Circuit of three body weight exercises in order (one after another) see Bronze, Silver & gold challenge for target number of repetitions:

1) Press ups (full or modified on knees), 2) Sit ups/ crunches, 3) Squats (depth = 90 degrees at knee)



**Bronze Challenge = 25**



Mr S: Gold  
time =  
8m 14s



**Silver challenge = 50**



**Gold Challenge = 75**



## Help & Reward

See Youtube for technique for each exercise & earn class chart reward points on completion