

All Saints Active Challenge

This week's challenge is...

Build your Strength and Cardio fitness!

'Work-It' Circuits

Check our YouTube channel for demos!

Key Points...

>Learn the routine and the exercises first.

>You can do this without the music and go at your own pace.

>Feel free to try and do as many as you can!

EYFS & KS1

Try out this set of moves. Start slow and then get quicker and quicker until you can do it to your favourite song!

3 SETS

4 RIGHT LEG
4 LEFT LEG
4 LEG RAISES
DOWN TO PLANK
BACK TO PRESS-UP

WEEK 4 - 'WORK-IT' CIRCUITS



2 SETS

ALTERNATE KNEE TUCKS
ALTERNATE LEG LIFTS
ALTERNATE KNEE TUCKS
ALTERNATE LEG LIFTS
TOUCH OPPOSITE SHOULDERS
DOWN TO PLANK
UP TO PRESS-UP
CRAWL UP
CRAWL DOWN
PLANK POSITION
SWIVEL HIPS



LKS2 & UKS2

Use the above exercise for a circuit combo!

Be sure to move your feet fast and use that core strength to stay up!

Week 4!

