





Steps to Success

Lockdown	
Date	Thursday 25 th February
Subject/s	PE
Learning Objective 	To perform

		SA 	TA 
Success Criteria 	I can draw from my learning in PE		
	I can link ideas together		
	I can record self-assess my performance		
Support	Independent	Adult Support ()	Group Work
Key Vocabulary for this Lesson: database record fields query data organise information alphabetically sort search			

Friday – Gymnastics Circuit



Activity:

Complete the station circuit, work on the station for 30 seconds and then rest for 30 seconds between each activity.

Attempt to complete the whole circuit 3 times.

Equipment needed:

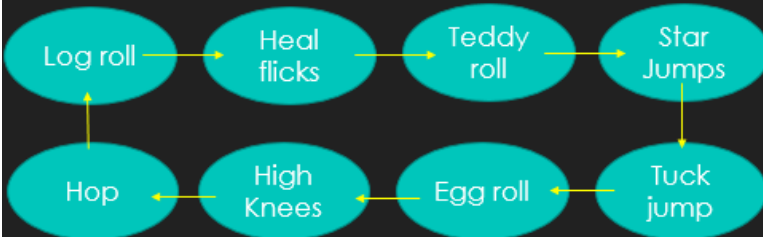
- Objects to create your course – water bottle, socks shoes, plant pots, boxes

Make it easier:

- Work for a shorter length of time and rest for longer between each station.

More of a challenge:

- Work for a longer length of time and rest for a shorter length of time between each station.
- Add more workout stations of your own



30 Minutes