



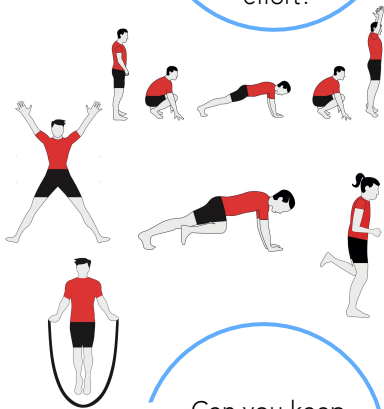
# Healthy Hearts

## How to Learn:

- Layout 5 markers in a space around your area. These are your 5 cardio circuit activities.
- **Station 1:** Perform 10 star jumps.
- **Station 2:** Perform 10 mountain climbers.
- **Station 3:** Skip or jump for 10 seconds.
- **Station 4:** Perform 10 burpees.
- **Station 5:** Jog on the spot for 10 seconds.
- How many times can you repeat the circuit?



Can you complete the circuit more than once and continue to apply maximum effort?



Can you keep trying even if you feel tired?

**S**

An open and safe space.

**T**

Perform 15 repetitions of each activity.

**E**

A skipping rope and 5 markers i.e. cones.

**P**

Perform these activities on your own.

## Reflection



Were you able to work hard and increase your heart rate?

Do you understand why it is important to raise your heart rate and keep active?



**Complete P.E.**  
INSPIRE LEARN SUCCEED



**YOUTH  
SPORT  
TRUST**