



Year 9 HRF: Lesson 3+4 – Circuit training

Big Question

How can circuit training be adapted to every athlete and sport?

Warm Up

Complete the same warm-up as last lesson. Think about the three different stages remember what you did for each. This will either have been the one you did yourself or if you were in school the one the teacher led you through.

Circuit training

What is circuit training?

What are the characteristics of a circuit session?

Read the below article about circuit training.

<https://www.webmd.com/fitness-exercise/a-z/circuit-training>



Activity 1 – Circuit

Perform a circuit with the following exercises:

Press ups, squats, reverse abdominal curls, star jumps, sit ups, burpees, plank, and lunges.

Perform each exercise for 30seconds and then have 30secs rest. Once you have completed 1 lap of the circuit review your exercise and rest periods. Perform another lap of the circuit.

Challenge yourself

Could you increase your exercise time? Do you also need to increase your rest time or will you keep it the same or reduce it?

Activity 2 – Sport specific circuit

Choose a sport and produce a circuit that is specific to that sport. Think about the type of movements/skills that are needed in that sport. How long would you exercise for? How long would you rest for?

Can you perform this circuit or will you have to adapt/change some of the activities? If you have chosen a ball sport you may have a ball at home that you could use to help you. You could include dribbling, passing, shooting etc. If not it may have to be something that you can perform in the house, just focusing on the muscles groups that are used most in that sport.

Activity 3 – Plenary

Think back to the elements of fitness that were tested last lesson. Can you think of a station that would improve each of these?

Flexibility, muscular strength, cardiovascular endurance, speed, agility, power, muscular endurance.

Follow it up

You may be thinking this is a bit similar to a HIIT session. Check out the link below for an explanation on the two and their similarities and differences.

<https://www.shape.com/fitness/tips/whats-difference-between-circuit-training-and-interval-training>



Get inspired

Have a look at YouTube and see what circuits you can find that are suitable and you might be able to conduct at home.