

# HOME CIRCUIT - FAMILY ACTIVITY

## HEALTH-RELATED FITNESS UNIT

Select a sport you enjoy participating in: \_\_\_\_\_

- **Create a circuit** with a minimum of 6 stations. The circuit must include exercises that you think will help improve your fitness for the sport you have chosen.
- **Identify the fitness component** each exercise will be developing.
- **Teach your circuit to at least one family member.** Put on your favourite music and enjoy participating in the circuit with your family member/s. Complete the circuit 3 times.
- **Ask a family member to write a short reflection.**

EXERCISE	FITNESS COMPONENT	DURATION / REPETITIONS	REST
Eg: Balance on one leg and bounce a ball	Balance	30 seconds	30 seconds
1.			
2.			
3.			
4.			
5.			
6.			

**Reflection from family member:** (please write a couple of sentences, reflecting on the circuit you have just participated in.)

**Name:**

**Reflection:**