

*All year 7 pupils will be asked to design and complete a 20 minute circuit focusing on Muscular Endurance or Cardio Vascular Endurance.*

*This will need to be done in their living room/kitchen or bedroom.*

*They will need to take a picture of the circuit they design and record their Heart Rate before, during and after; bpm.*

*They will then state at the bottom how they will make this harder next time – progressive overload.*