

Create a circuits PE lesson for primary six, include a warm up and cool down and resources

Warm up:

- Have the students stand in a circle
- Ask the students to do some stretches with their arms and legs
- Ask students to do a few squats, jumping jacks, and arm circles to get their heart rates up

Activity:

- Create three circuits for all the students to complete
- Station 1 - 10 burpees
- Station 2 - 10 push-ups
- Station 3 - 10 sit-ups
- Allow the students to go through each station consecutively for 3 minutes
- At the 3 minute mark, switch the stations so all students will do the same station

Cool Down:

- Have the students lay down on their mats
- Ask the students to take slow and deep breaths
- Ask the students to do some relaxation and neck stretches

Resources:

- Mats for stretching and cooling down
- Timer
- Music for motivation