**Fitness Circuit**

**Scan each qR code and follow the video or instructions within the activity. Please keep yourself and your ipad safe.**

**Learning Goal 1: Demonstrate peer & self respect**

**Learning Goal 2: demonstrate personal MVPA level**

|  |  |  |  |
| --- | --- | --- | --- |
| **1** | Welcome FitCirc.png | **2** | 5 Min Abs.png |
| **3** | 2 Min Jump Circuit.png | **4** | 2 Min Pushup.png |
| **5** | 4 Min Squat Matrix.png | **6** | 5 Min Plank Circuit.png |
| **7** | FitCir Assessment.png | **8** | YouThinkYouCanBalance.png |

**Please be sure to complete code 7. prior to the end of class. It will take about 3-5 minutes. Return and plug your ipad back into the cart. Have a great day!!!**