**Home PE Circuits**

1. Warm up stretches for 2 minutes.



1. Run on the spot for 30 seconds.



1. Skip for 30 seconds.



1. Star jumps for 30 seconds.



1. Rest for 45 seconds.
2. Burpees for 45 seconds.



1. Arm circles for 30 seconds.



1. Shuttle runs for 30 seconds.



1. Rest for 30 seconds.
2. Repeat all of the above.