**Circuit training**

**Key Process A – Developing skills in physical activity**

Candidates need to demonstrate their ability to develop and apply the following skills/techniques in increasingly demanding situations in authentic context.

Candidates should be able to:

• improve the range, difficulty and quality of their skills and techniques by isolating different muscle groups.

• develop the consistency with which they use and perform skills with precision, control and fluency.

Candidates will be assessed on their ability to demonstrate at least two different exercises for:

1. Arm specific exercises eg press-ups, tricep dips, bicep curls

2. Leg specific exercises eg squats, leg raises, step ups

3. Torso specific exercises eg plank, dorsal lifts, crunches

4. Combination exercises eg walking lunges, squat thrusts

5. Whole body exercises eg star jumps, burpees, shuttle runs

**Key Process B – Being creative and making decisions**

In this activity, candidates should demonstrate their ability to select and apply exercises/skills to develop and improve their own fitness and health. This is assessed according to maintaining technique, consistency and effectiveness in the sustained effort for the duration of the activity.

Candidates should be able to:

• select and use exercises/skills/activities imaginatively to make the session/routine more complex and demanding.

Candidates should demonstrate their ability to select and apply a range of skills/techniques to perform during sessions demonstrating their ability to sustain their technique and effort for the full duration appropriately, efficiently and effectively and with the ability to maintain consistency and quality of performance.