**Time to Learn:**

- Layout five markers in a space around your area. These are your five cardio circuit activities.
- **Station 1:** Perform ten star jumps.
- **Station 2:** Perform ten mountain climbers.
- **Station 3:** Skip or jump for ten seconds.
- **Station 4:** Perform ten burpees.
- **Station 5:** Jog on the spot for ten seconds.
- How many times can you repeat the circuit?

**Top Tips**

Break into a sweat!

- When we increase our heart rate, more blood pumps around our body providing oxygen from the lungs to the muscles.

**Let’s Reflect**

How did your heart rate change during the circuit?

Why is it important to raise your heart rate and keep active?