'BEAT THE CALORIES' CHALLENGE

Starter:

Circuit training is a method training commonly used to improve s_____, m_____ e_____ and s_____. It consists of performing a series of e_____ followed by a period of r_____. Stations are set out so that different parts of the body are worked. Circuit training can be completed by using 2 different methods: t_____ or r_____.

| Rest	Muscular endurance	Exercises
Strength	Stamina	Time
Repetitions		

Main Course:

Looking at the selection of foods on the wall, select your favourite fast food, snack and drink record it in the table below

Item of food	Number of calories

During the lesson, you are going to record how many calories you burn and attempt to try and burn off your favourite meal!

TOTAL NUMBER OF CALORIES BURNT OFF DURING THE WHOLE SESSION:
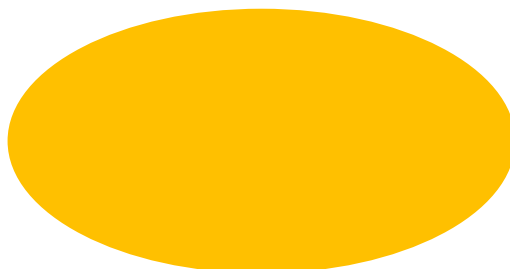
Exercise	Calories burnt You will have to use your maths skills here 😊 Example: Long lunge. 2 calories per lunge. I completed 25 in 1 minute, so the calculation is: 25 x 2 = 50 calories!	Targeted muscles or body part
Press ups		
Sit ups		
Skipping		
Tricep dips		
Burpees		
Lunges		
Mountain climbers		
Star jumps		
Wall sit		
The plank		

DESSERT: (extended challenge!)

Can you try to explain what you think the different colours for different exercises means?
What is the mystery code?!

MCDONALDS CHEESEBURGER

254 CALORIES

2 FINGER KIT KAT

107 CALORIES

MCCHICKEN SANDWICH

370 CALORIES

WALKERS CRISPS

181 CALORIES

GALAXY CHOCOLATE BAR

250 CALORIES

FRENCH FRIES

83 CALORIES

CAN OF COKE

139 CALORIES

REGULAR CHOCOLATE MILKSHAKE

337 CALORIES

LUCOZADE

140 CALORIES