

Fitness circuits—Aut 23

Each September the pupils in Ysgawen devise a circuit of physical activities. These are completed every half term and pupils update their scores on a spreadsheet to see if they can improve in each activity throughout the year.



The challenge is then passed to pupils in Collen.

Running

Climbing

Jumping

Skipping

Balancing

Stepping

Coordination

Perseverance

Teamwork

Stamina

