

PE Circuit Recording Sheet

Exercises	First Attempt	Second Attempt	Third Attempt
Plank Did you do the plank for the full minute? Yes or no?			
Burpees How many in 1 minute?			
Sit Ups How many in 1 minute?			
Shuttle Runs How many in 1 minute?			
Squats How many in 1 minute?			
Star Jumps How many in 1 minute?			
Lunges How many in 1 minute?			
Press Ups How many in 1 minute?			
Wall Throws How many in 1 minute?			
Side Reaches How many in 1 minute?			
Tricep Dips How many in 1 minute?			
Seal Raises How many in 1 minute?			

