

Try it now: Fitness Trainer

You need

- ☐ Paper
- ☐ Pencil
- ☐ Colours

Steps

- 1** Design a 10-minute fun fitness circuit for your family.

Before you start: what do I think will happen?

My observations

Table 1. My observations

What I did	What I saw or measured	What I learned

Think about it

What did you enjoy most?

What was tricky?

Which part of this job would you like to learn more about?

Draw or stick your work here



Name: _____ Date: _____

Jobspark · Ask a grown-up to help whenever you need.