

# PE Circuit Recording Sheet

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

