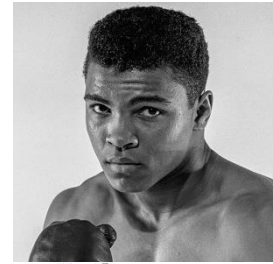


World book day- Muhammad Ali

Activity 1- Float like a butterfly, sting like a bee PE circuit

Train like Muhammad Ali- follow the circuit below. **Each exercise is for 30 seconds with a 20 second rest in between.**



M- Sprints on the spot

U- Jabs

H- Bicep curls

A- Star jumps

M- Sprints on the spot

M- Sprints on the spot

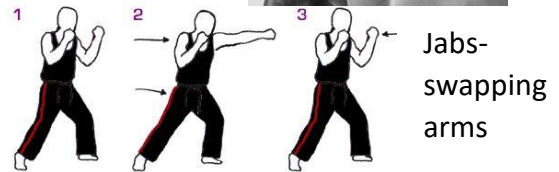
A- Star jumps

D- Press ups

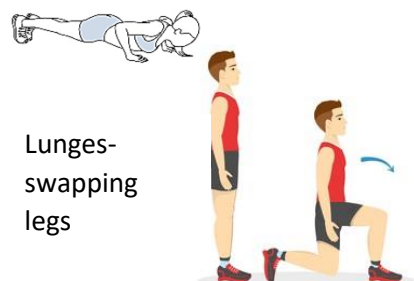
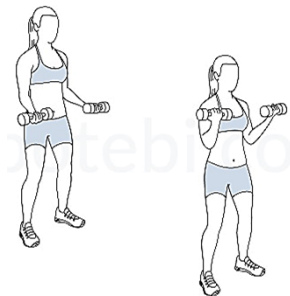
A- Star jumps

L- Lunges

I- Freestyle- pick your favourite exercise!



Bicep curls-
use a water
bottle or tins
of food for
added weight



Repeat the circuit for an extra challenge. Create your own Muhammad Ali workout!

Muhammad Ali started boxing when he was 12.

Muhammad Ali trained 6 days a week when he was a boxer!

He always ate a healthy balanced diet, eating fruit as his snack- like we do in school.