



CIRCUITS

Each term, complete the circuit once a week and then fitness test, at the end of term. Each circuit contains 6 activities and a game. Rotate around all 6 activities. Use the game as either a warm up or a finishing activity. Start with 1 minute per activity and 30 seconds to rotate. Minimum 4 and maximum 6 per group

CIRCUIT ONE



BASKETBALL
DRIBBLE

SKIPPING
(KEEP THE
ROPE TURNING)

STANDING
FOOTBALL
PASS

TENNIS BALL
THROW DOWN

SQUATS
(HOLD FOR 10 SEC
UP FOR 10 SEC)

PLANK

GAME: MAD TAG

TIPS: WEARING
TAGS, 1 PLAYER
CHASES
EVERYONE AND
PULLS TAGS

Equipment: 6 ropes, 3 tennis balls, 5 domes, 3 footballs, 3 basketballs, 5 tags and belts

CIRCUIT TWO



RUNNING
SKIP

SIT UP AND
CHEST PASS
(1 MIN W PARTNER)

BURPEE

SOCCER
DRIBBLE

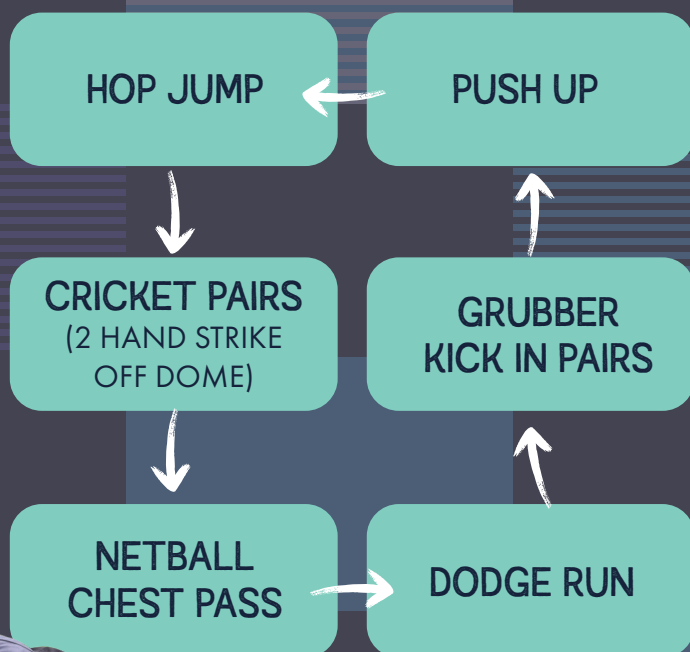
RUNNING
FOOTBALL
PASS

UNDERARM TOSS
& PADDLE BAT
FOREHAND STRIKE

GAME: HAND BALL PAIRS

Equipment: 6 ropes, 7 domes, 3 netballs, 3 soccer balls, 3 tennis balls and 3 paddles

CIRCUIT THREE



GAME: PASS THE BALL

TAG TEAM PASS THE BALL, TRY TO BALL TAG (TOUCH) THE TARGET PLAYER. ALL PLAYERS CAN MOVE EXCEPT FOR WHEN HOLDING BALL



Equipment: 13 domes, 3 netballs, 4 footballs, 3 tennis balls and 3 cricket bats

CIRCUIT FOUR MAKE YOUR OWN CIRCUIT!

