



SCHOOL SPORTS PARTNERSHIP

EQUIPMENT

- Cones/spots to mark out stations

TIPS

- Make sure you think about your technique
- How many times can you complete the exercises at each station?
- Can you beat your score on the next round?

FITNESS CIRCUIT SESSION

OBJECTIVE

CIRCUIT SESSIONS ARE A GREAT WAY TO GET CHILDREN PHYSICALLY ACTIVE AND CONSIST OF SEVERAL STATIONS WITH DIFFERENT ACTIVITIES OR EXERCISES FOR CHILDREN TO ROTATE THROUGH IN SHORT PERIODS OF TIME. THESE ARE BEST IN OPEN SPACES SUCH AS THE SPORTSHALL OR GYM OR OUTSIDE ON THE GRASS (WEATHER DEPENDENT). EXERCISES ARE INCLUDED TO TARGET ALL THE MAJOR MUSCLE GROUPS AND HELP TO IMPROVE CARDIOVASCULAR FITNESS, MUSCULAR ENDURANCE AND FLEXIBILITY AS WELL AS COMPONENTS OF SKILL-RELATED FITNESS SUCH AS BALANCE, POWER AND SPEED.

MAIN SESSION

This 30 minute session will consist of a 10 minute plyometric warm up, 15 minute circuit session and 5 minute cool down. Stations will be marked with specific coloured cones ensuring enough space between each. 2 children max per station with 2 metres distance between each. Children will rotate around 8 stations, each station will have signs with pictures and cue cards to indicate where and how each activity is to be performed. Encouragement and support will be given during the course to correct techniques as needed. Children will complete each station for 30 seconds and repeat the circuit twice.

STATIONS: (THESE CAN BE CHANGED TO SUIT THE AGE/ABILITY OF THE GROUP)

- Reverse Lunges
- High Knees
- Press Ups
- Burpees
- Plank
- Star Jumps
- Crab Toe Touches
- Squat Jumps

