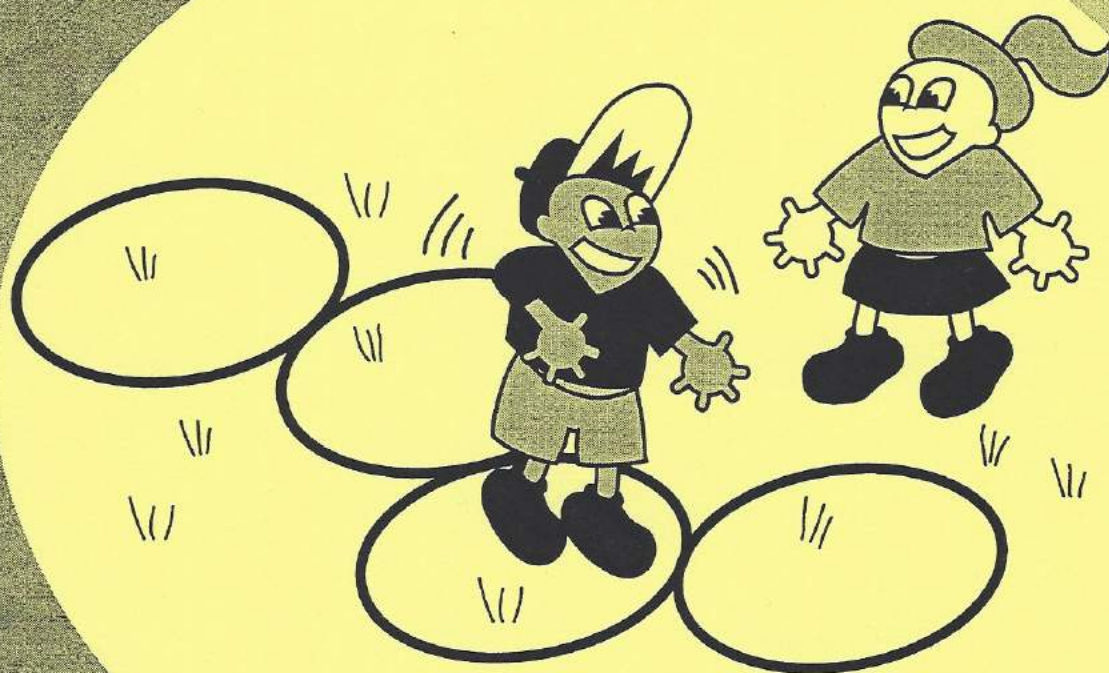


FUN AND FITNESS CIRCUITS



KANGAROO JUMPS

FUN AND FITNESS CIRCUITS

Fitness circuits provide opportunities for cardiovascular, agility, and strength development, as well as sports skill practice. Students move in small groups to different activity stations placed in a pattern around a designated area. Circuits are easily adaptable to any level class.

SAFETY, MANAGEMENT, AND TEACHING HINTS

- Masters of station cards which may be copied and laminated are provided at the end of this unit.
- Have students help set up and take down stations.
- Consider using music to motivate and provide movement cues. Students begin when music starts and move to next station when it stops. Use a whistle/drum/tamborine if music is not available.
- Divide class into pairs or small groups depending on the number of stations.
- Start groups at different stations. When students return to their original station, they raise their hands for additional directions.
- This unit lends itself well to individual teacher creativity. Feel free to incorporate stations such as a target baseball throw, a basketball dribble, a bean bag toss, etc.
- Equipment needs are as varied as the teacher wishes to make them, therefore, there is no suggested equipment list on this page.

Stations:

1. Have 3-8 stations per day. After the first day, introduce only one or two new activities. After a variety of stations has been introduced, vary the activities daily.
2. Set up stations in a circular formation or alternate between the grass and blacktop. Set tape player in the center.
3. At each station, have cards with the name and/or diagram for that activity.
4. Demonstrate the exercise when introducing that activity for the first time.
5. Alternate standing/sitting and strength/endurance stations.
6. Vary the body parts being used at consecutive stations.
7. At stations where students travel, use cones, lines, or ropes to mark distances and boundaries.
8. Start with 30-second stations and increase time as fitness improves.
9. Direct students unable to perform an activity for a specified amount of time to work with less intensity, fewer repetitions, or walk/jog in place.

Rotation:

1. Tell students which way to rotate (clockwise or counterclockwise).
2. Increase the distance between stations as children become more fit.
3. Vary the locomotor movement for rotating between stations (e.g., walk, jog, skip).
4. To make the circuit more aerobic, have students run (e.g., around all stations, to the fence and back) during rotation time and before beginning next activity.
5. As an alternative to rotating after a specific amount of time, direct students to move to a new station as soon as they have finished the task (e.g., jog around the blacktop, jump rope 30 times).

Stations in Standing Position

Jumping Jacks
Line Jumps
Straddle Jump
Forward Lunges
Bench Steps

Jog in Place
Jump Rope
Jump and Twist
Kangaroo Jumps
Knee Tucks

Jog Around Cones
Jumping Hoops
Burpees
Wall Push-ups

Stations in Sitting Position

Curl-ups
V-Sits
Crab Walk

Hill Climber
Cross Over Curl-ups
Flat Tire

Sit Backs
Push-ups
Frog Jumps

Example of one day of Fitness Circuit: Activity Time = 30 seconds
Rotation Time = 15 seconds
Total Time = 5:45 minutes

ACTIVITY	TEACHING CUES
Jumping Jacks	Hands above head when feet are apart. Hands are down at sides when feet are together.
Curl-ups	Cross hands on opposite shoulders. Elbows next to body. Chin to chest. Knees bent, feet flat on floor. Curl up and touch elbows to upper thighs.
Jog Around Cones	Place cones in a triangle or square formation. Students run single file in a predetermined direction.
Push-ups	On hands and feet. Hands under shoulders. Back parallel to ground. Start with arms straight, bend elbows and lower body to ground. Push back up to starting position.
Line Jumps	Jump from side to side (as in Skier) down a line. Turn around and jump in the other direction.
Crab Walk	In supine position, walk on hands and feet 20 feet and back.
Jump Rope	Specify the number of specific jumps or the time.
Burpee	Begin in standing position. Squat down, place hands on ground in front of feet. Extend legs straight out to push-up position. Return to squat and stand up again. Repeat.

UNIT: FUN AND FITNESS CIRCUITS

LESSON: 1

OBJECTIVES

Strength, endurance, flexibility, agility

EQUIPMENT

Fitness circuit cards, 1 cone/station, whistle or music, stop watch

ACTIVITY	ORGANIZATION	TEACHING CUES
Warm-Up	<ul style="list-style-type: none"> -Walk, then jog around stations at a quick pace. -Stop on whistle or music signal and stretch 	<ul style="list-style-type: none"> -Move in clockwise direction. -Stop on my whistle. -Stretch quads, hamstrings, calves, shoulders, etc.
<p>Explain: Fitness Circuit</p>	<ul style="list-style-type: none"> -Seated behind stations so all can see demonstrator. -Go through each station and describe while a student demonstrates. 	<p>(This will depend on which stations you have set up.)</p>
Fitness Circuit	<ul style="list-style-type: none"> -3-4 at each station (8-15 stations). -Execute activity until whistle blows (or music stops). -Rotate to next station in order. 	<ul style="list-style-type: none"> -Do the activity at your station until the whistle blows (or the music stops). -Then rotate to the next station and begin immediately.
<p>Cool-Down (or move to sport activity)</p>	<ul style="list-style-type: none"> -Remain at last station. -Choose several students to come to the center of the stations and lead cool-down stretches. 	<ul style="list-style-type: none"> -Stretch quads, hamstrings, calves, shoulders, etc.

UNIT: FUN AND FITNESS CIRCUITS

LESSONS: 2-12

OBJECTIVES

Strength, endurance, flexibility, agility, balance

EQUIPMENT

Fitness circuit cards, 1 cone/station, whistle or music, stop watch

ACTIVITY	ORGANIZATION	TEACHING CUES
Warm-Up	<ul style="list-style-type: none"> -Walk, then jog around stations at a quick pace. -Signal students to stop and stretch 	<ul style="list-style-type: none"> -Move in clockwise direction. -Stop on the whistle. -Stretch quads, hamstrings, calves, shoulders, etc.
Fitness Circuit	<ul style="list-style-type: none"> -3-4 students at each station (8-15 stations). -Execute activity until whistle blows (or music stops). -Rotate to next station in order. 	<ul style="list-style-type: none"> -Do the activity at your station until the signal. -Then rotate to the next station and begin immediately.
Cool-Down (or move to sport activity)	<ul style="list-style-type: none"> -Remain at last station. -Choose several students to come to the center of the stations and lead cool-down stretches. 	<ul style="list-style-type: none"> -Stretch quads, hamstrings, calves, shoulders, etc.

UNIT: FUN AND FITNESS CIRCUITS

LESSONS: ADDITIONAL

OBJECTIVES

Concepts: over, under, through, around.
 Fitness: agility, strength, balance, etc.

EQUIPMENT

Available facilities on blacktop/field (see table below)

ACTIVITY	ORGANIZATION	TEACHING CUES
Warm-Up	-Choose 3-4 students to set up course while others warm-up with a walk/slow jog.	-Walk/jog around the blacktop/field for 2 minutes.
Obstacle Course	-Pairs or small groups, depending on the number of stations (obstacles). -Students follow the group ahead of them. -Direct station changes (e.g., 30 seconds per station).	-Stay at your station until directed to move. -If you finish before time is up, do the station again.

The following are examples of obstacles which can be used to teach "over, under, around, and through" concepts:

OVER	UNDER	AROUND	THROUGH
Swings	Swing set	Swing set	Swings
Monkey bars/ jungle gym	Parallel bars/ monkey bars	Jungle gym	Horizontal ladder
Cones (2)	Jungle gym	Cones (3)	Rings
Hurdles (2)	Nets	Shapes on blacktop	Jungle gym
Rope on ground	Sticks between cones	Hopscotch	Hopscotch
Hoops (3)		Hoops (3)	Cones in figure 8 (2)
Long jump		Handball walls	Rubber tires
		Posts	Hoops

Rotate moving **OVER/UNDER/AROUND/THROUGH**. The order depends upon the facilities and equipment available. The following is an example of this type of lesson:

1. Climb over the monkey bars
2. Run back under the monkey bars
3. Run around the monkey bars
4. Crawl through the swings
5. Hurdle over a long line of cones
6. Run under the bars
7. Run one lap around the blacktop
8. Hop through hopscotch

UNIT: FUN AND FITNESS CIRCUITS

LESSONS: ADDITIONAL

OBJECTIVES

Balance, agility, strength, accuracy/hand-eye coordination

EQUIPMENT

Available facilities on blacktop/field (see table below)

ACTIVITY	ORGANIZATION	TEACHING CUES
Warm-Up	-Choose 3-4 students to set up course while others warm-up.	-Walk/jog around the blacktop/field for 2 minutes.
Obstacle Course	-Pairs or small groups, depending on the number of stations (obstacles). -Students follow the group ahead of them. -Direct station changes (e.g. 30 seconds/ station).	-Stay at your station until directed to move. -If you finish before the signal, do the station again.

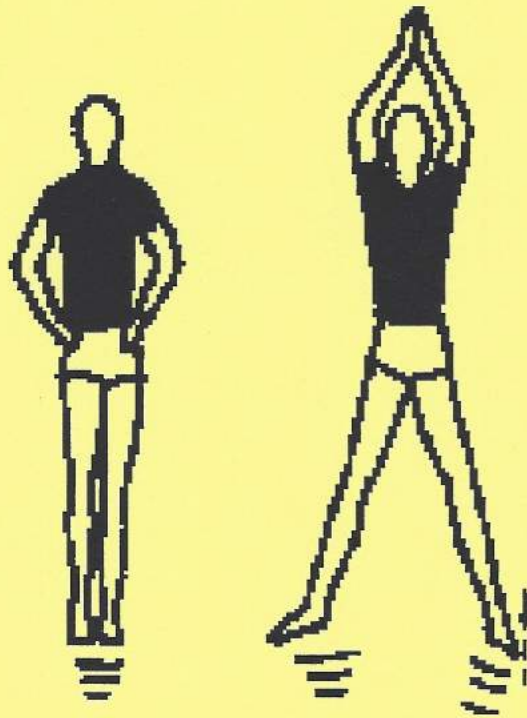
The following are sample challenge stations:

BALANCE	AGILITY	STRENGTH	ACCURACY
Walk a line (or curb)	Run through cone course (4)	Push-ups	Frisbee toss to target
Walk rope line (2)	Run through tunnel	Pull-ups/chin-ups	Basketball shot
Hopscotch	Long jump with short jumps back (between lines)	Sit-ups	Soccer passing
Walk circle	Run around a shape on blacktop	Knee tucks on bars	Throw ball (overhead with group)
Walk on curb	Climb the jungle gym	Pole climb	
Walk on edge of sandbox	Shuttle run	Go across the rings Climb across parallel bars	

The following is a sample course for this type of lesson:

1. Walk the line around the basketball court key
2. Run through a cone course (zigzag pattern)
3. Do 8 push-ups
4. Toss frisbee to target, then run to retrieve it
5. Hop through hopscotch course
6. Run the square (forward, slide, backward, slide)
7. Do 10 sit-ups
8. Shoot 2 baskets

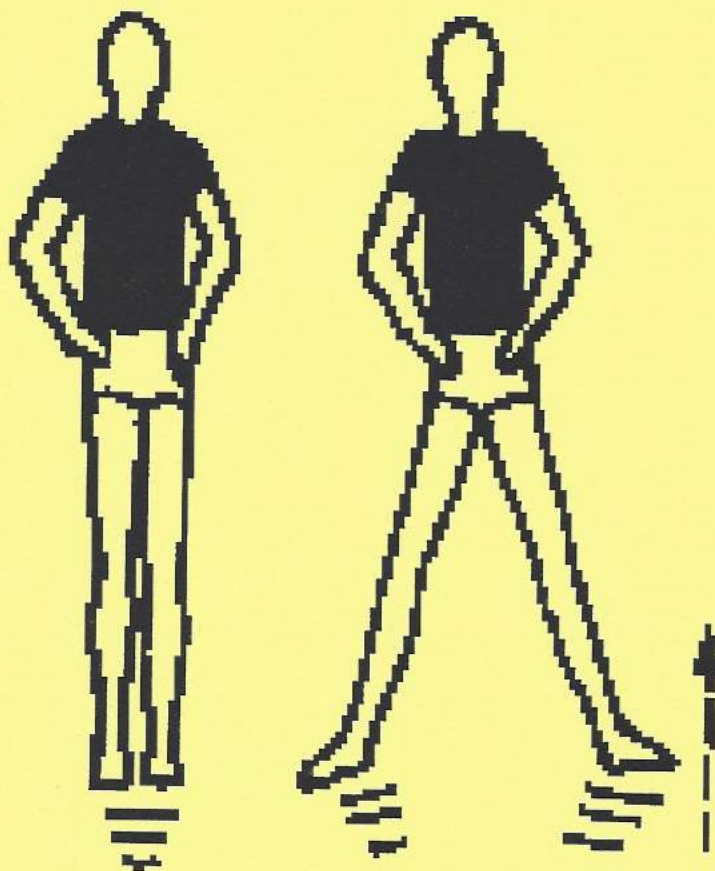
JUMPING JACKS



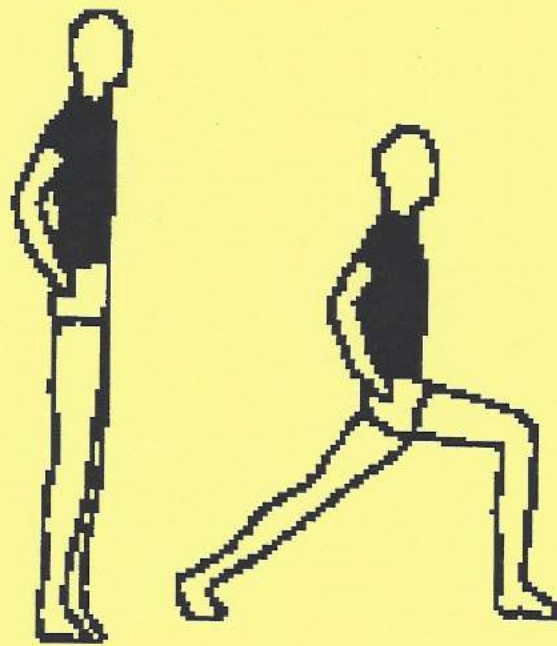
LINE JUMPS



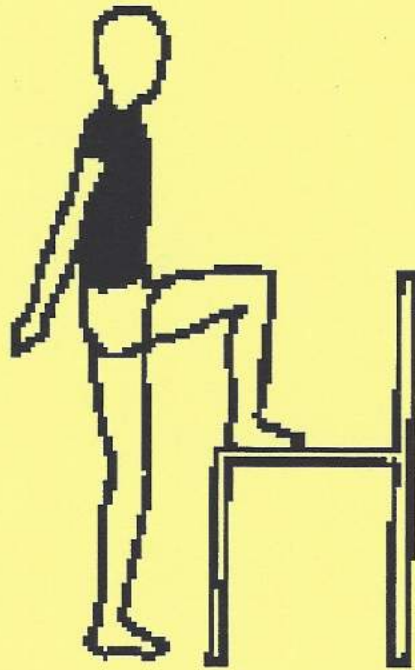
STRADDLE JUMP



FORWARD LUNGES



BENCH STEPS



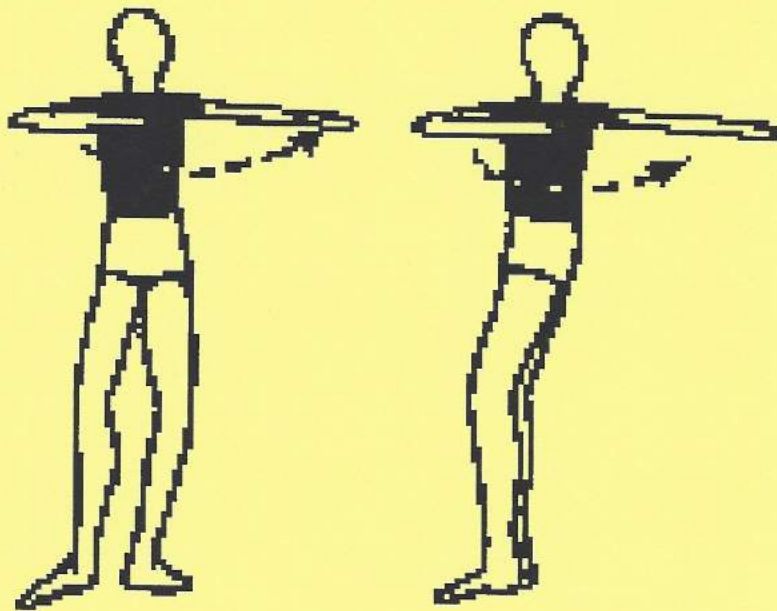
JOG IN PLACE



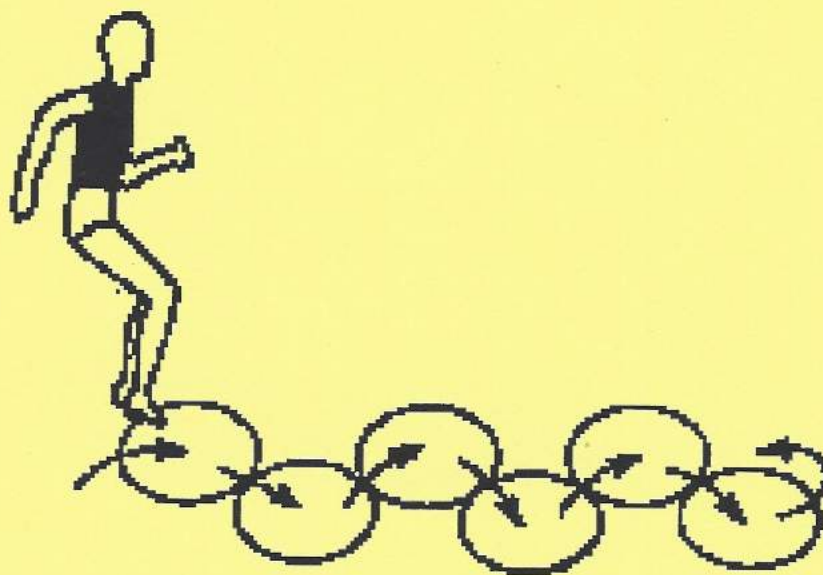
JUMP ROPE



JUMP AND TWIST



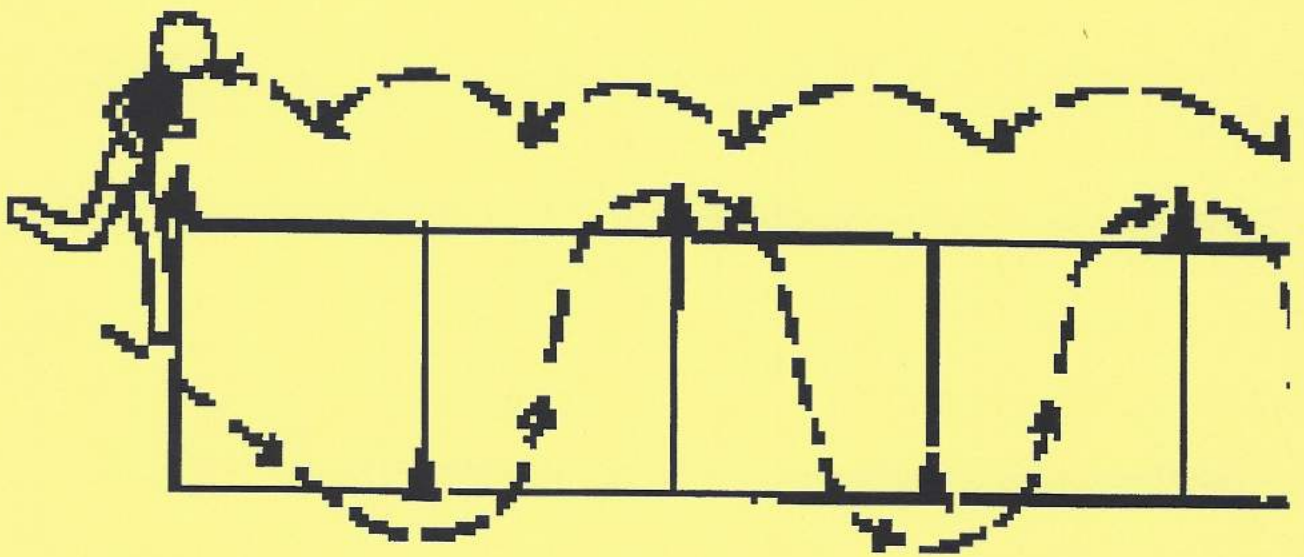
KANGAROO JUMPS



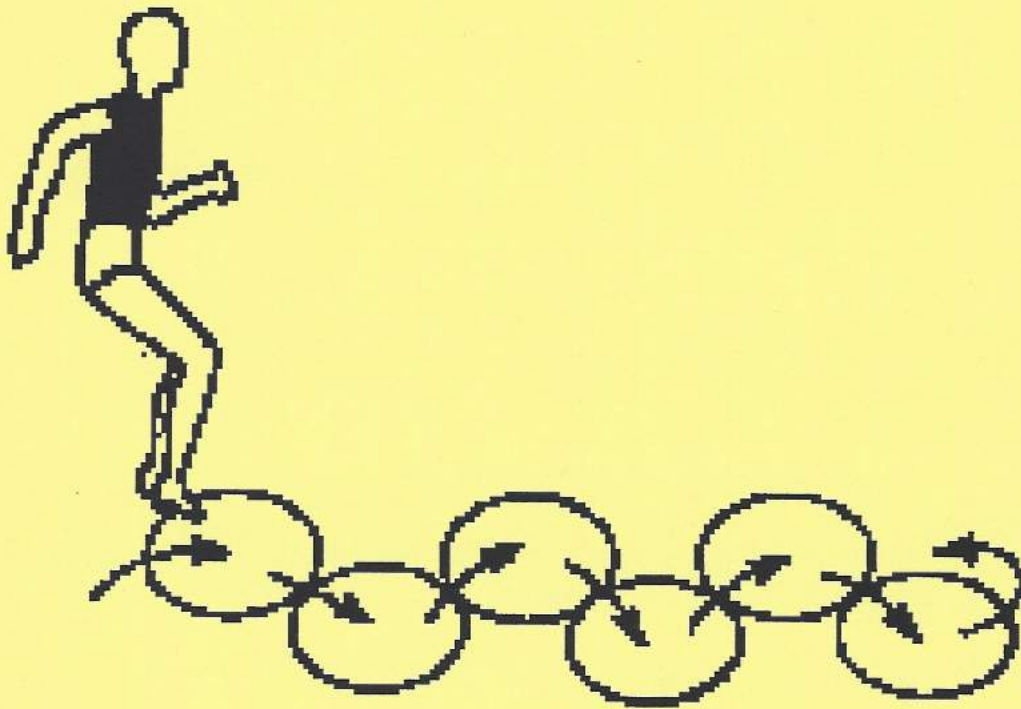
KNEE TUCKS



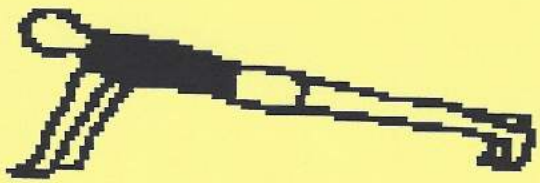
JOG AROUND CONES



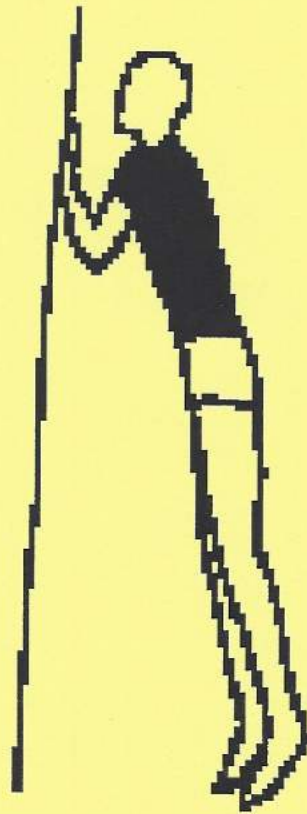
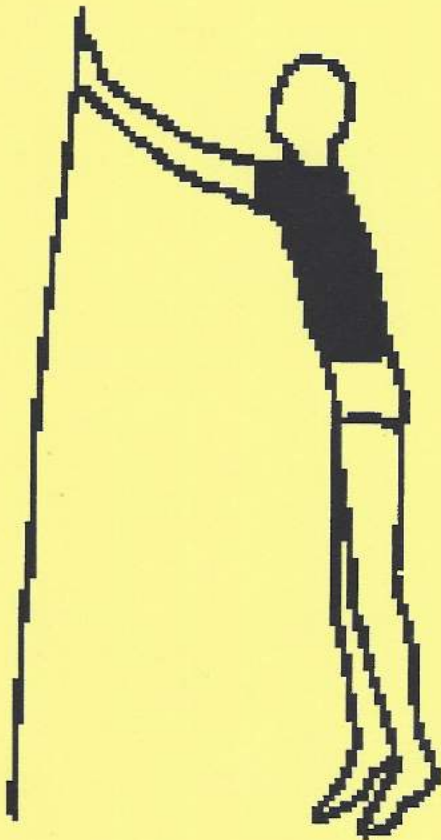
JUMPING HOOPS



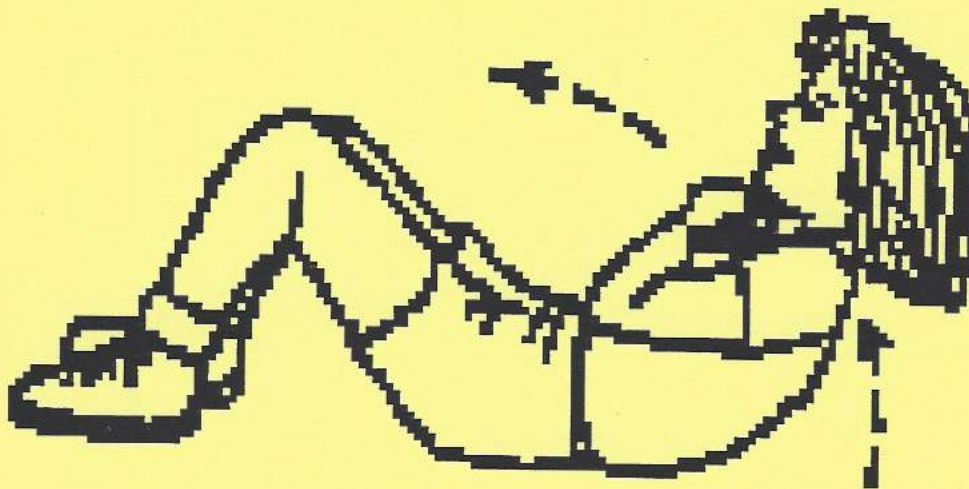
BURPEES



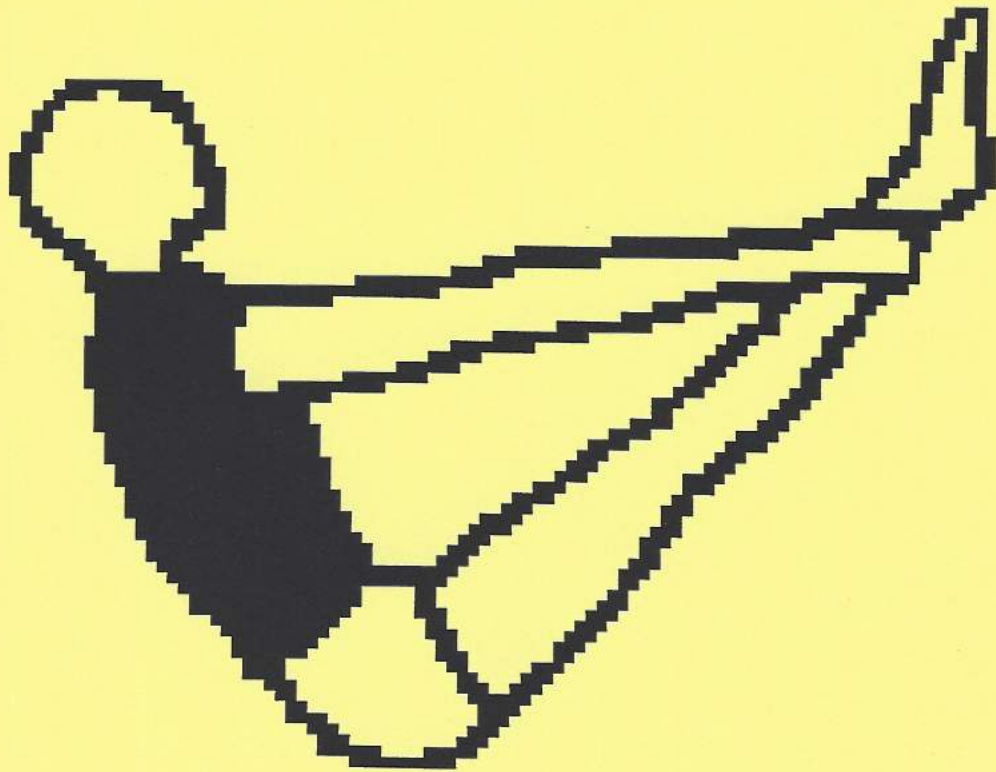
WALL PUSH-UPS



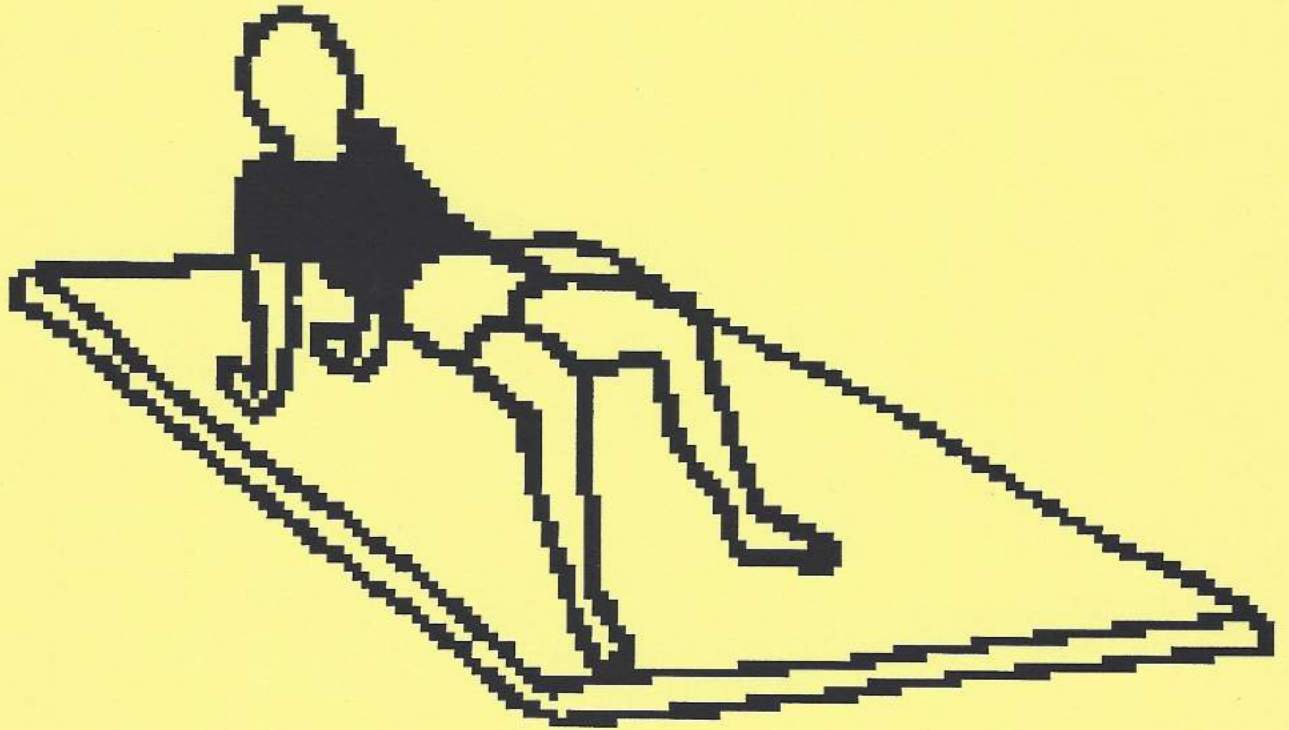
CURL-UPS



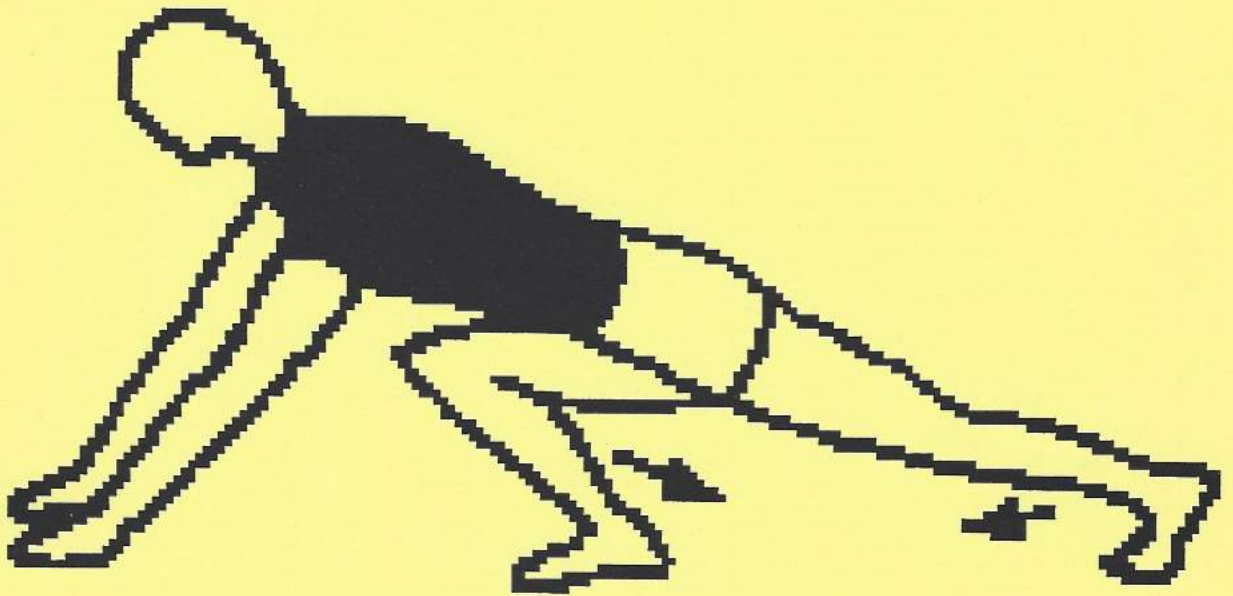
U-SITS



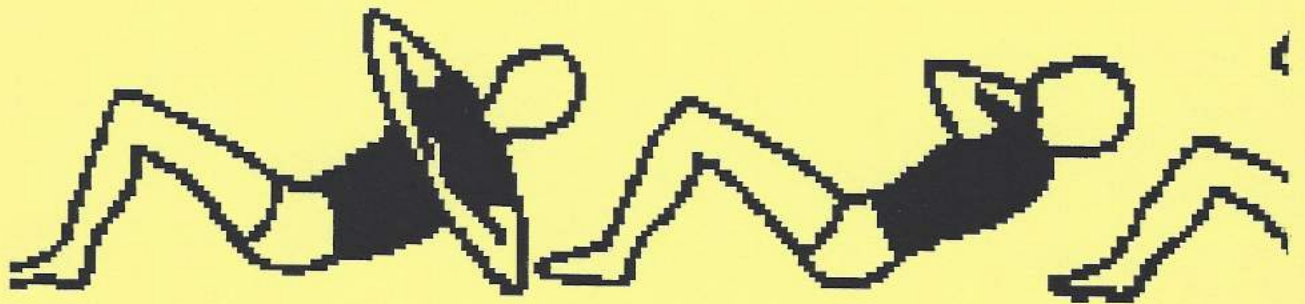
CRAB WALK



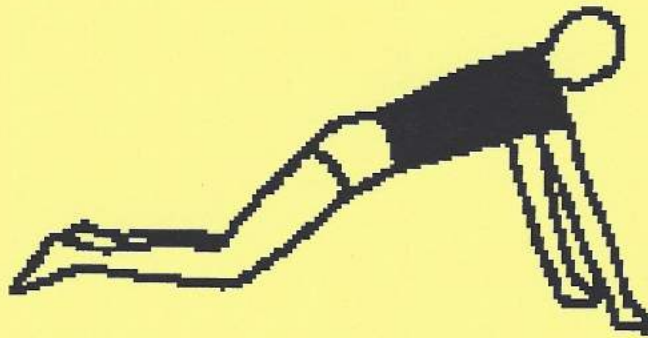
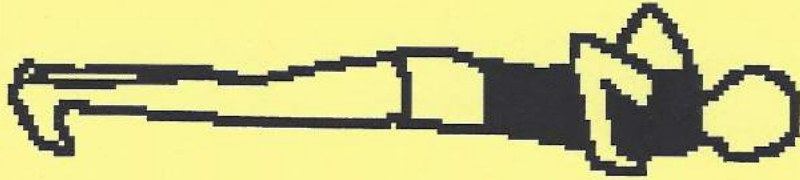
HILL CLIMBERS



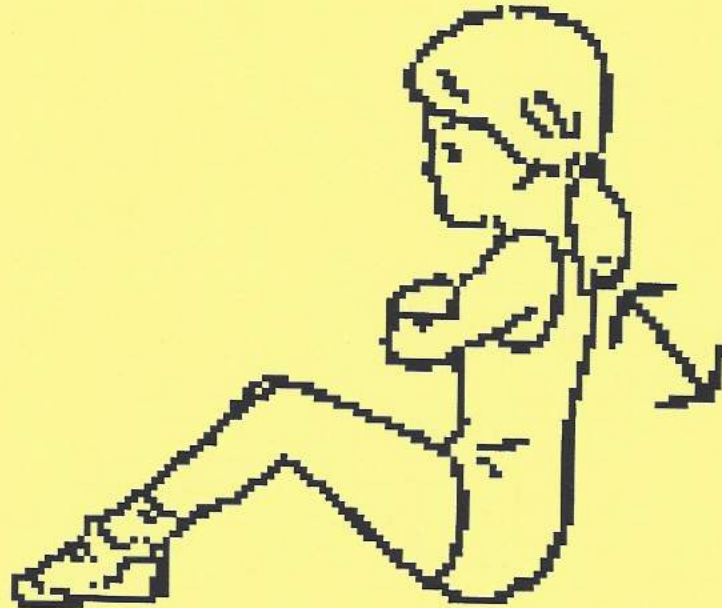
CROSS OVER CURL-UPS



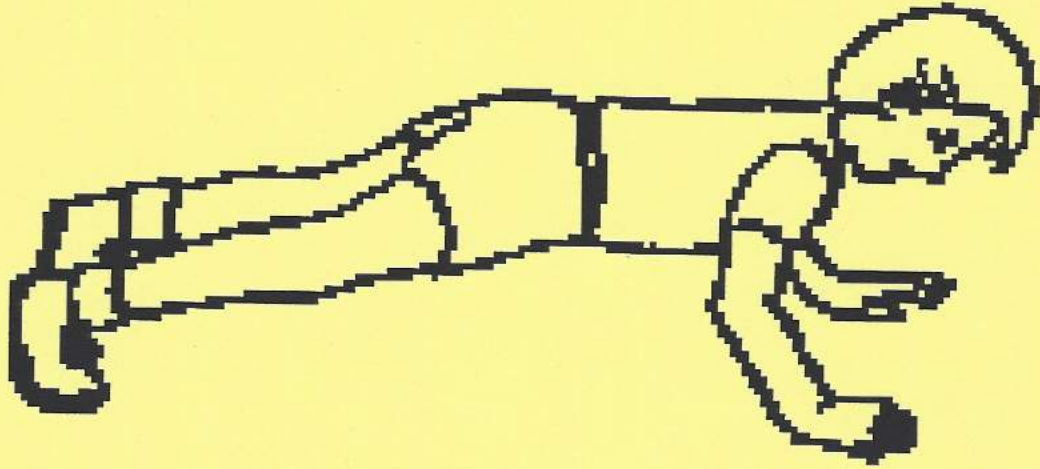
FLAT TIRES



SIT BACKS



PUSH-UPS



FROG JUMPS

