

Circuit PE Class

Warm up (3 mins):

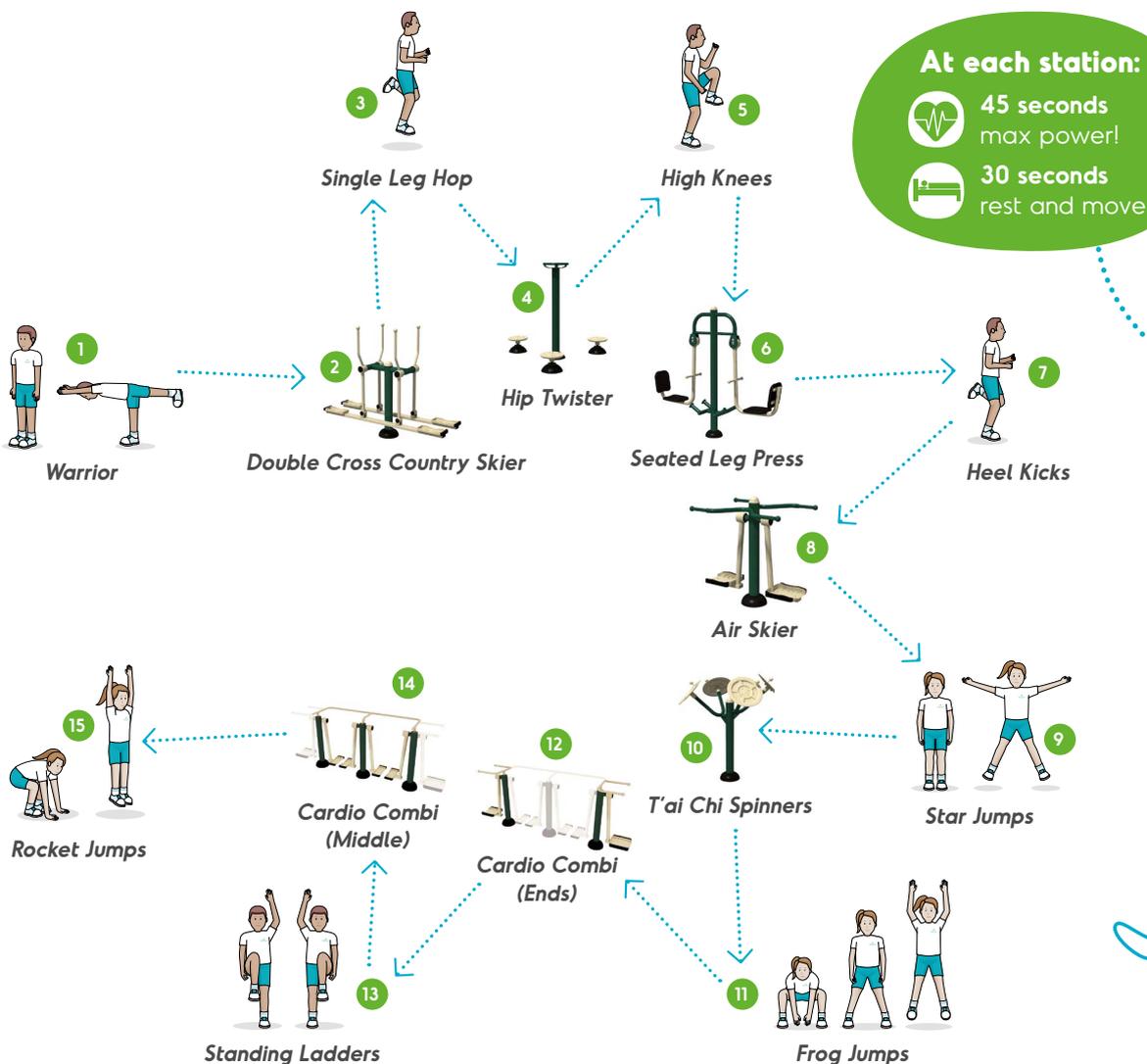


Traffic Light game

Start with a gentle walk in a large circle, moving into a gentle jog and then a run. Then start to call out commands. **Amber = jog, Green = run, Red = stop.**

The circuit:

Firstly, explain the 15 stations, then split the children into pairs and position one pair at every station. When the whistle blows, children should work as hard as they can for 45 seconds, maximum power – this is known as an Interval Session. Then recover for 30 seconds while moving to the next station. Repeat this, working round the circuit until all stations have been completed.



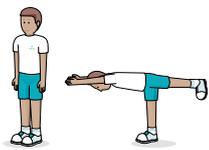
Cool down (3 mins):



Jog in a large circle, slowing gradually to a brisk walk and finally a slow walk to a stop.
Stretch legs; long lunge, quad stretch and calf stretch
Stretch arms; triceps and shoulders
Finally stretch up super tall and finish with a big clap!

Station Instructions

This circuit PE class incorporates both outdoor gym equipment and floor work. Each station helps the body in different ways; increasing fitness, burning energy, building core and muscular strength and developing flexibility and balance in the body.



Warrior

1. Start standing tall, holding your tummy tight
2. Bending at the waist, keep your right leg on floor, reach your arms forward and raise your left leg up behind
3. Hold for 10 seconds, then return to standing tall
4. Repeat, alternating between standing legs.



Single Leg Hop

1. Stand on 1 leg and hop up and down on the spot for 20 seconds
2. Swap legs and hop on the other leg for 20 seconds.



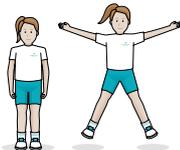
High Knees

1. Jog on the spot, bringing your knees up as high as you can each time
2. Use your arms to help you!



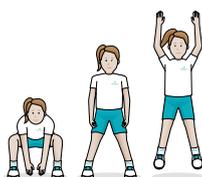
Heel Kicks

1. Jog on the spot kicking your feet up towards your bottom each time
2. Use your arms to help you balance and increase power.



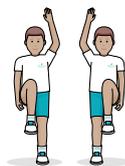
Star Jumps

1. Stand straight with your feet together, arms by your side
2. Jump into the air into a star shape
3. Return to the ground, feet together and arms by your side.



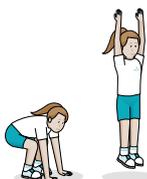
Frog Jumps

1. Stand with your legs apart
2. Squat down and touch your hands on the floor with knees wide, feet pointing outward
3. Then jump up into the air
4. Bend knees when as you land.



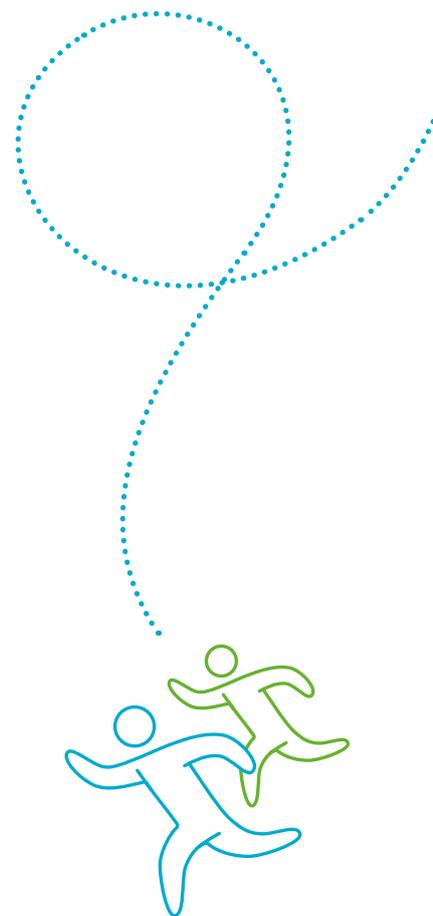
Standing Ladders

1. Imagine you are climbing a ladder.
2. Bring your left knee up high while reaching your right arm above your head
3. Then swap as you climb up the rungs!



Rocket Jumps

1. Crouch down with your hands on the floor
2. Jump up into the air keeping your body in a straight line, just like a rocket.



YouTube

Watch How-to animations for our gym equipment on our YouTube channel, search Fresh Air Fitness or click [here](#)