

Circuit PE Class

Warm up (3 mins):



Opposites game

Ask the children to walk round in a large circle. Call **GO**, children stop still. Call **STOP**, children move around, either walking or running. Call **UP**, children crouch or sit down. Call **DOWN**, children stretch up to the sky.

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.

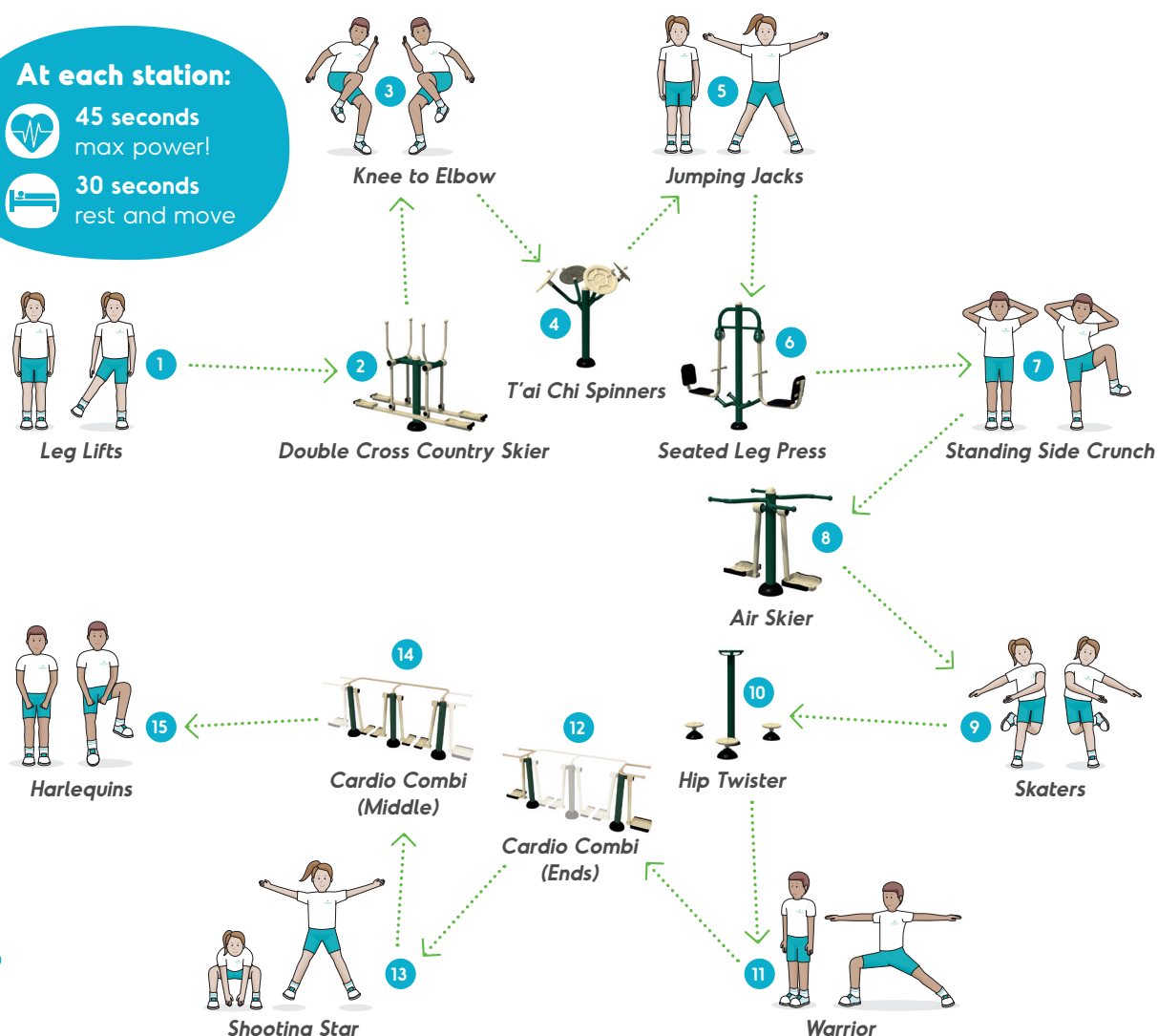
At each station:



45 seconds
max power!



30 seconds
rest and move



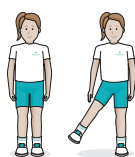
Cool down (3 mins):



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 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.



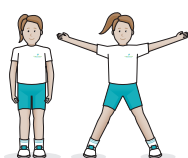
Leg Lifts

1. Start standing tall with your tummy tight
2. Keeping your left leg on the floor, right leg up, to the side
3. Bring your right leg back down the ground
4. Repeat on the other leg.



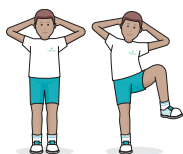
Knee to Elbow

1. This Plyometric move works opposite knees to elbows
2. Start in a standing position with your feet slightly apart
3. Step to the right
4. Pull your left knee up as you step onto the right foot
5. Bring right elbow towards left knee
6. Step to the left, pulling your right knee towards your left elbow.



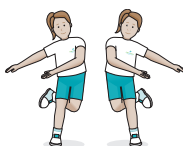
Jumping Jacks

1. Start standing tall and straight, arms relaxed by side
2. Jump and bring your feet and arms out wide
3. Jump back to the start position.



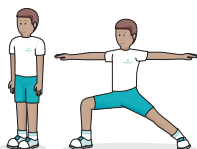
Standing Side Crunch

1. Start by standing tall with your hands resting gently behind your head
2. Keep your left leg on the floor and lift your right knee up to your side
3. Crunch towards your right knee by leaning your right elbow down towards it
4. Return to a standing position and repeat on the other side
5. Keep your tummy tight at all times.



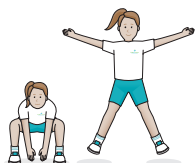
Skaters

1. Place 2 cones or markers on the floor about 1 metre apart
2. Start by standing on your right leg on one spot
3. Keep your tummy tight and then hop onto the left leg over at the other spot
4. Hop back to the right foot and then keep going!
5. Use your arms to balance and help propel you.



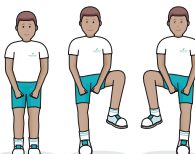
Warrior

1. Move your legs into a side lunge with your right knee bent, foot facing away from your body and your left leg straight
2. Your knee should stay over your ankle on your right leg
3. Keep your back straight and your tummy tight
4. Lift your arms, so they are parallel with the floor and look towards your right arm
5. Hold for 10 seconds and then return to standing
6. Repeat, on the other side.



Shooting Star

1. Crouch down with your hands on the floor
2. Explode up into the air, creating a star shape with your arms and legs.



Harlequins

1. Stand with both arms pushed down straight, hands together
2. Start jogging on the spot but bring the knee up to the side
3. Concentrate on getting each knee as high as you can at the side of your body
4. Keep facing forwards, shoulders back, tummy tight and find a good rhythm.



Watch How-to animations for our gym equipment on our YouTube channel. Search 'Fresh Air Fitness'.