

Fitness Circuit Cards Activity

Equipment:

- cones or spots
- **Fitness Activity Cards** resource
- chalk or masking tape
- whistle (optional)

Preparation and set-up:

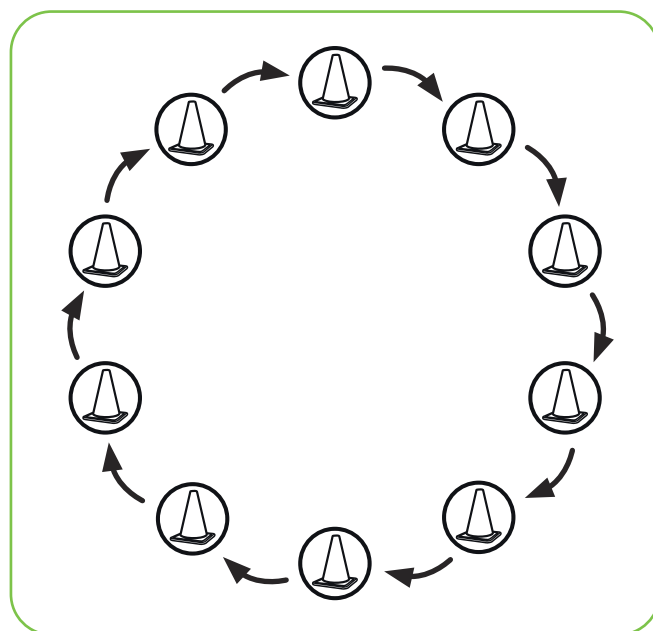
- Place the cones around a large open space. This can be either indoors or outdoors, depending on your setting - see the example course shown.
- Print off and cut out the **Fitness Activity Cards**. Place one card at each cone.

NB There are ten different fitness activities, so children can be grouped into threes or pairs to work together at each cone. Alternatively, to suit your setting, you may choose to set out more cones and print more copies of the cards so that there are enough stations for one per child at any time.

KEY



cone



What to do:

- Explain the direction of travel in the circuit (e.g. using numbers or arrows), so that children understand where they travel to once an activity has been completed.
- Children move around the fitness circuit, visiting different cards and independently completing the fitness activity shown.
- Set a timer, e.g. 30 seconds, for children to complete the activity, before moving onto the next cone. Blow the whistle to signal that it is time to move on.

Differentiation and variations:

- Increase or decrease the number of repetitions required for each activity, depending on ability level.
- Add or remove exercises in the fitness circuit.
- Children pick an activity card to complete and then swap cards with their friends.