

Fun and Fitness Circuits

To continue our work in Standard 1 Movement Forms, Standard 3 Active Lifestyle, and Standard 4 Physical Fitness, we are working on Fitness Circuits. I will be reviewing exercises that I have taught them which I hope they will find fun and will encourage them to keep a healthy, active lifestyle.

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.

Ladders

Bunny Hops – jump with both feet in each ladder space

Flamingo Hop – hop on the same foot trough the ladder

High Knees – lift knee and place foot into the first ladder space, lift knee of the other leg and place that foot into the next space. Repeat until you complete the ladder.

Hopscotch – jump with two feet into the first ladder space, straddle that space by landing outside the ladder on two feet. Repeat this jump/straddle pattern until you complete the ladder

Scissors – facing sideways move leading foot into a space, the second foot follows into the same space then move leading foot into the next space.

Box Jumps

Hop Ups - hop onto the step and quickly hop back off. They will do as many of these jumps as they can for ten seconds.

Step-Ups - Students are being asked to step up with one foot followed by the second. As soon as the second foot lands, their first foot should step off followed by the second foot. They will do as many of these steps as they can for ten seconds.

Toe Taps (Jump Switch) - They will start the exercise with one foot on the step and the other on the ground. They will jump up and switch the position of their feet. They will do as many of these steps as they can for ten seconds.

Dot Drills

Two Foot Figure 8 Drill – zig-zag w/two feet

Single Foot Figure 8 Drill - zig-zag w/one foot

Elevates the intensity of the Figure 8 drill
(used with upper grades)

2-1-2 Drill - star pattern w/two feet

Focuses on change of direction from front to back

2-1-2 with 180° turn (star pattern with jump turn)

Elevates the intensity of the 2-1-2 drill

Hammer Time

Emphasis on quick feet and overall improvements in agility
(used with upper grades)

Jump Rope: Carving Jumping Single Hop Double Hop

(Posted)

Learning Target

Fitness Exercises (moving around to stay healthy)

Success Criteria

1. Warm Ups:

- Toe Touch
- Windmills
- Jumping Jacks
- Run Laps

Grades 4 and 5:

- Forward Lunges
- Hill Climbers
- Burpees

2. Perform:

Ladders

bunny hops
hop-scotch
scissors

Grades 4 and 5: Flamingo Hop

2. Perform:

Box Jumps

hop ups
step ups
jump switch

2. Perform:

Dot Drills

zig-zag w/two feet
zig-zag w/one foot
star pattern
jump turns

Grades 4 and 5: Hammer Time

2. Perform;

Jump Rope

1 Turn
2 Turns
3 Turns
MORE ???

Grades 4 and 5: How long can you continuously jump?