

KNEE PULL-INS

- 1 Sit on a chair with your legs out in front
- 2 **PULL IN** your knees to your chest
- 3 Straighten out your legs again

SHOULDER TAPS

- 1 Get into the push-up position
- 2 **TAP** your left hand to your right shoulder.
- 3 then tap your right hand to your left shoulder. keep alternating

WALL BALL SIT UPS

- 1 Sit in front of the wall with a ball
- 2 Lay down to touch the ground with your back
- 3 **SIT UP** & touch the wall with the ball

BALL CRUNCHES

- 1 Lay flat with the ball between your legs
- 2 **SIT UP** to grab the ball
- 3 Lay back down (keep passing the ball from feet to hands)

AIRPLANE TWIST

- 1 Stand with your arms out wide like an airplane
- 2 Pick out across your body with a straight leg and **TWIST** to touch your opposite hand to the kicked leg
- 3 Switch legs each time

SHOULDER BALANCE

- 1 Lay flat on your back, then bring your knees to your chest
- 2 **PUSH UP** both your legs straight into the air
- 3 Bring your legs back down to the floor

FOOT TAPS

- 1 Lay on your back with knees in, put your arms by your side
- 2 **TAP** your left hand to left foot, then right hand to right foot

BANANA HOLD

- 1 Lay flat on your back
- 2 Lift up your arms & legs to make the shape of a **BANANA**
- 3 Hold it for 2 seconds, then lay back down

BACK HOLD

- 1 Lay on your stomach with your hands 1 on top of the other, resting your chin on them
- 2 **LIFT** your feet & upper body off the floor & hold it for 2 seconds
- 3 Slowly lower back down

LAY & TWIST

- 1 Lay flat with arms out to the sides, legs straight
- 2 **TWIST** to bring your right leg up & across your body to touch your left hand
- 3 Then repeat with your opposite hand & leg

LEG RAISES

- 1 Stand up straight with feet together
- 2 Slowly **RAISE** 1 leg out to the side, as high as you can
- 3 Bring your leg down slowly & switch legs

MOVING SIDE PLANK

- 1 Lay on your side on your elbow/forearm & feet only
- 2 Lift the ball up high, then back down underneath the **SIDE** of your body

SCISSOR JUMPS

- 1 Stand with 1 leg forward & 1 leg behind
- 2 Jump like **SCISSORS** to switch feet & legs
- 3 Keep switching legs, keeping them straight

HOOP SWITCHES

- 1 Start with 1 foot in the hoop, & 1 foot out
- 2 Jump to **SWITCH** feet

1 FOOT SIDE JUMPS

- 1 Jump **HOOPS** over each foot
- 2 Jump **HOOPS** over each foot
- 3 Switch feet each time

HOOP STEPS

- 1 Step into the hoop with 1 foot
- 2 Step with the other
- 3 Step out with 1 foot
- 4 Step out with the other

36 more printable circuit cards

SLALOM JUMPS

- 1 Stand side-on to the line
- 2 Jump sideways over the line and back, quickly
- 3 **TWIST** your hips as you jump

WIDE & NARROW

- 1 Jump **WIDE**
- 2 Jump **NARROW**

CALF JUMPS

- 1 Jump **HOOPS** over each foot
- 2 Jump **HOOPS** over each foot
- 3 Switch feet each time

DONKEY KICKS

- 1 Get into the plank position (on elbows)
- 2 Bend 1 leg up behind you
- 3 **KICK UP** into the air, then bring your leg back down & switch legs

ARCHERS

- 1 Stand with your legs together & arms out straight in front
- 2 Take a big **STEP BACK** & "pull back" the arrow
- 3 Stand straight again, repeat with the other leg

Z JUMPS

- 1 Stand at the top left cone
- 2 Jump in a **Z** sequence
- 3 Then repeat it back up

HIGH KNEE JUMPS

- 1 Jump up explosively off of both feet
- 2 and **LIFT** your knees up high in the air

SQUAT SIDE-JUMPS

- 1 Bend down to touch the ground
- 2 **SIDE-JUMP** up & over the line to the other side
- 3 Repeat left & right

1 ARM PUSH-UPS

- 1 Stand in front of a wall
- 2 Do a push-up against it using 1 **HAND**
- 3 Switch arms each time

ARM LEVERS

- 1 Put your arms out straight in front of you (holding a basketball in each hand)
- 2 **RAISE** one arm up high, & **LOWER** the other one
- 3 Keep alternating

AROUND THE CLOCK

- 1 Hold a heavy ball above your head with straight arms
- 2 Make a big **CIRCLE** clockwise, then anti-clockwise

BALL PUSH UPS

- 1 Get in the push-up position with 1 hand on the ball
- 2 Do a push-up with one hand on the ball
- 3 **ROLL** the ball over to your other hand & do the same

BENCH HOPS

- 1 Put both hands on the bench
- 2 **HOP** over to the other side of the bench
- 3 Hop back

BASKETBALL SLAMS

- 1 Hold a heavy ball above your head
- 2 Jump & bring it down as if you're **SLAMMING** it on the ground (but don't let go of the ball)

SPIDERMAN PUSH-UPS

- 1 Do a push-up against the wall
- 2 As you move in, lift 1 **KNEE UP** high to your side
- 3 Bring your knee back down
- 4 Repeat with your other knee

ELBOWS TO HANDS

- 1 Start in the plank position (on elbows)
- 2 Go up onto your hands (like a push up position)
- 3 Go back down to your elbows

PLANK JACKS

- 1 Get in the plank position (on elbows & feet only)
- 2 Quickly **HOP** to put your feet wide apart
- 3 Hop again to put them back together

SIDE SHUFFLES

- 1 Shuffle from side to side (left and right), touching the cones each time

SPOT HOP SCOTCH

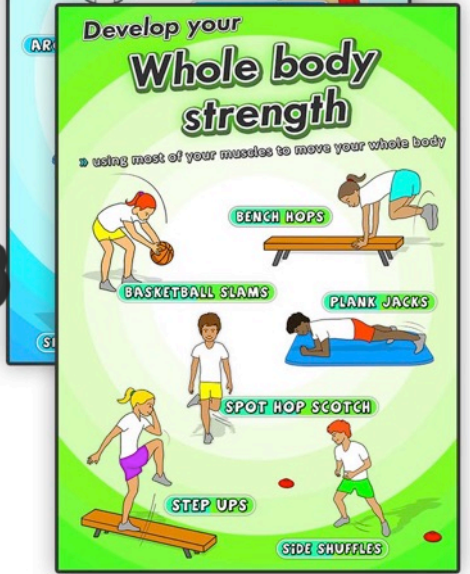
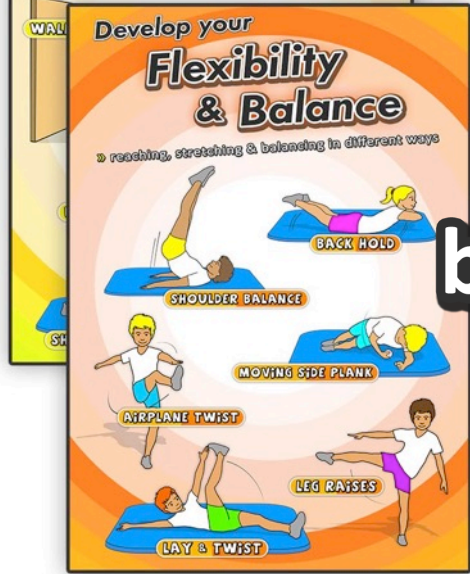
- 1 Jump to put your feet wide apart
- 2 Then **HOP** to bend 1 leg behind you
- 3 Jump wide again with both feet
- 4 Hop & bend the other leg

STEP UPS

- 1 **STEP** up onto the bench with 1 foot
- 2 Lift up your opposite knee to touch your opposite elbow
- 3 Repeat & alternate legs/elbows each time



help videos



bonus posters



Thanks for previewing the Fitness Circuits Vol.2 resource from Prime Coaching! This 2nd edition is PACKED with 36 more unique, challenging and simple to follow exercises.

It's great for elementary through to high-school grade students

36 more printable circuit cards

 CORE	 FLEXIBILITY & BALANCE	 STAMINA	 LEG STRENGTH	 ARM STRENGTH	 WHOLE-BODY STRENGTH
› Ball crunches › Banana hold › Foot taps › Knee pull-ins › Shoulder taps › Wall ball sit ups	› Airplane twist › Back hold › Lay & twist › Leg raises › Moving side plank › Shoulder balance	› Hoop steps › Hoop switches › Scissor jumps › Slalom jumps › Wide & narrow › 1 foot side jumps	› Archers › Calf jumps › Donkey kicks › High knee jumps › Squat side jumps › Z jumps	› Arm levers › Around the clock › Ball push-ups › Elbows to hands › Spiderman push-ups › 1 arm push-ups	› Basketball slams › Bench hops › Plank jacks › Side shuffles › Spot hop scotch › Step ups

- Simply **print out** and laminate the cards (a4, a5), and also the score sheets (optional). Then watch the online **'how to' videos**, then put the cards on a cone/at each station and get the students exercising.

- **Divide** the class across the circuits, and have them complete the activity for **60 seconds**
- Then **rotate** around to the next station
- **Record** scores and set personal bests on the score sheets

Online videos

- Each activity has an instructional video that you'll receive **exclusive access** to (via YouTube), to show your class exactly how to safely and effectively execute the exercises. You can watch them together before jumping to the sports hall!

Score sheets

- Your students can write down their **points/repetitions completed** at each station, and can **track their fitness** and try to beat their own scores through the term/year

Make sure you also take a look at my highly popular Vol. 1 pack, containing 36 different exercise cards 😊

