

Punches

Punch the air as many times as you can

Alternate using your left & right hand

Bunny hops

1 Kick up off the ground with both legs, into the air

2 Land back down on both feet

3 Crouch down with hands flat on the ground

Bench dips

1 Put your legs out together & arms straight on the bench

2 Bend your arms to dip your bottom below the bench

3 Push yourself back up

Keep your whole body straight!

Arm circles

Make large circles with your arms out wide

Try going forwards & backwards

Bicycles

1 Sit on the ground & put your hands behind your head

2 Lift your knee to touch your opposite elbow

3 Then switch - lift your other knee to touch your other elbow

Ball twists

1 Sit & hold the ball in front

2 Twist left & right to tap the ball on the ground each side

Keep your feet off the ground!

Wall push offs

1 Stand in front of the wall & put your hands on it

2 Push yourself off the wall

Push ups

1 Have straight arms and put your hands flat

2 Bend your arms to touch the cone with your chest

3 Push yourself back up to have straight arms again

Keep your back straight

Crunches

1 Lay on your back with your hands behind your head

2 Contract your stomach to lift your knees up to touch your elbows

3 Lay back down again

Side scissors

1 Lay on your side with straight legs

2 Lift your leg up in the air, then bring it back down

3 Repeat with the other leg

Keep straight!

Toe reaches

1 Lay down flat on your back

2 Sit up and reach to touch your toes

3 Lay all the way back down

Windscreen wipers

1 Lay on your back

2 Keeping your legs together, move them in the air from side to side

1 foot reaches

1 Balance on 1 foot & touch the ground with 1 hand

2 Stand back up again

Crab kicks

1 Start on all 4's like a crab with your belly facing up

2 Reach with one hand to touch your opposite foot

3 Kick your leg up in the air, then bring it back down

Bottom off the ground!

Hand walks

1 Bend down & put your hands in front of your feet

2 Slowly 'walk' your hands back up to your feet again

3 Then walk your hands down into a push-up position

Ski hops

1 Balance on 1 leg with your other leg behind you & out to the side

2 Jump to the side (the other spot) & switch legs

Keep your knees bent!

Star stretches

1 Stand with feet shoulder-width apart

2 Reach your arms out to the sides

3 Lift one leg straight out behind you

4 Reach out with your other arm straight ahead

5 Step down

6 Repeat with the other leg

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Hoop jumps

1 Jump into the middle of the hoop

2 Jump back out of the hoop in a different direction each time

3 Repeat

Pistol squats

1 Stand side-on to the wall

2 Kick 1 leg out in front & bend your other leg

3 Stand back up straight

Side lunges

1 Stand straight, holding the ball with 2 hands

2 Step out to the side & bend your knee

3 Repeat side-to-side

Surf switches

1 Stand side-on with a foot on each spot marker

2 Jump to twist your body & switch feet on the spots

Skipping

1 Skip for as long as you can without stopping the rope

2 Try using just 1 foot at a time

3 Bounce on your toes

Side plank

1 Lay on your side on your elbow/forearm & feet only

2 Hold the position for as long as possible, keeping your body straight

3 Repeat with the other side

Keep the rest of your body off the ground

Plank

1 Lay on your elbows/forearms & feet only

2 Hold the position for as long as possible, keeping your back straight

3 Repeat

Keep your stomach off the ground

Mountain climbs

1 Put your hands on the ground with 1 leg straight & 1 leg bent

2 Switch your legs so your other leg is bent & the other is straight

Sprinting

1 Run back & forth from the cones as many times as you can

2 Cones 10-15m apart

Wall sit

1 Have your back flat against the wall

2 Keep your stomach tight

3 Hold your legs at 90°

Hold for as long as possible!

Airplane lunges

1 Stand with your arms out to the side

2 Take a big step forward to lunge your knee & back leg

3 Stand back up straight, then step with the other foot

Burpees

1 Crouch down to touch the ground

2 Kick your feet down into a push-up position

3 Jump straight up and clap in the air

4 Stand back up straight, then step with the other foot

Jumping Jacks

1 Stand straight like a soldier

2 Jump to bring your hands above your head & legs out wide

3 Jump again to stand straight

Knee ups

1 Sit on your knees

2 Swing your arms & jump up to land on both feet at the same time

Sumo kicks

1 Stand straight

2 Crouch down like a sumo

3 Kick out to the side

4 Squat back down then kick to the other side

Squat & push

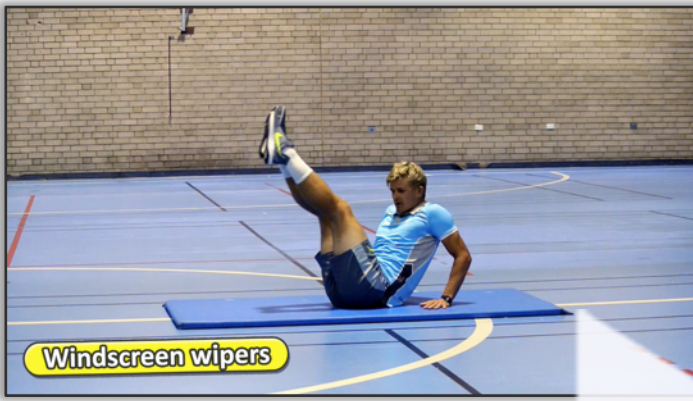
1 Squat down to touch the ground with the ball

2 Stand up straight & reach as high as you can

3 Repeat

Keep your back straight!

36 printable circuit cards



Windscreen wipers



Superman



Side plank



Side lunges

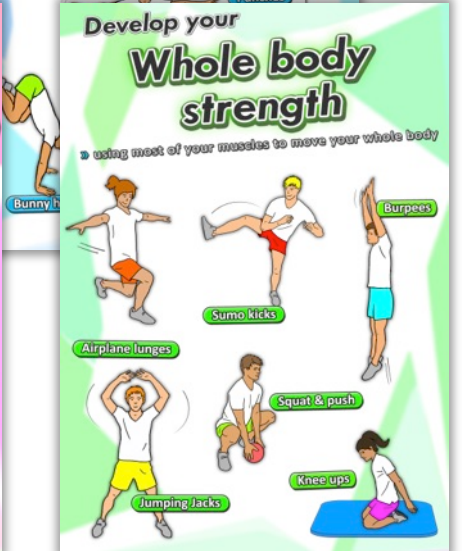
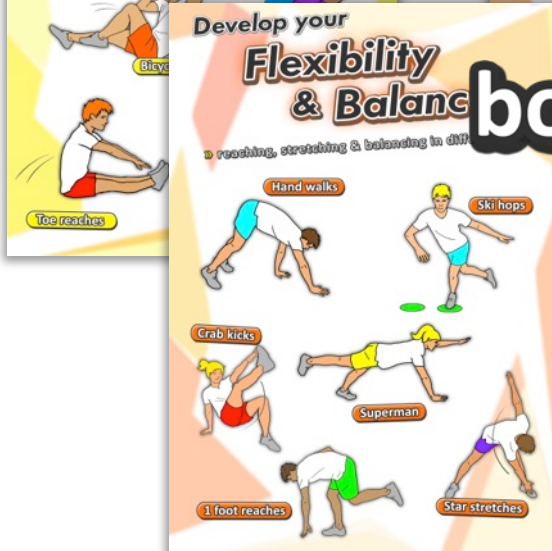
help videos



Bunny hops



Airplane lunges



bonus posters



Thank you so much for previewing the Fitness Circuits pack – it's great for elementary through to high-school grade students

We know you'll love what's inside, & your PE will be so easy to teach!!

36 printable circuit cards



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|-----------------|------------------|-------------------|-----------------|------------------|-------------------|
| › Ball twists | › Crab kicks | › Mountain climbs | › Box jumps | › Arm circles | › Airplane lunges |
| › Bicycles | › Hand walks | › Plank | › Frog jumps | › Bench dips | › Burpees |
| › Crunches | › Ski hops | › Side plank | › Hoop jumps | › Bunny hops | › Jumping jacks |
| › Side scissors | › Star stretches | › Skipping | › Pistol squats | › Push-ups | › Knee ups |
| › Toe reaches | › Superman | › Sprinting | › Side lunges | › Punches | › Sumo kicks |
| › Wind-wipers | › 1-foot reaches | › Wall sit | › Surf switches | › Wall push-offs | › Squat & push |

- **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 & get the kids exercising.

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

Online videos

- Each activity has an instructional video to show your class exactly how to do it, play it to the class before you get 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

"Every school needs these cards for their students' weekly fitness!"