

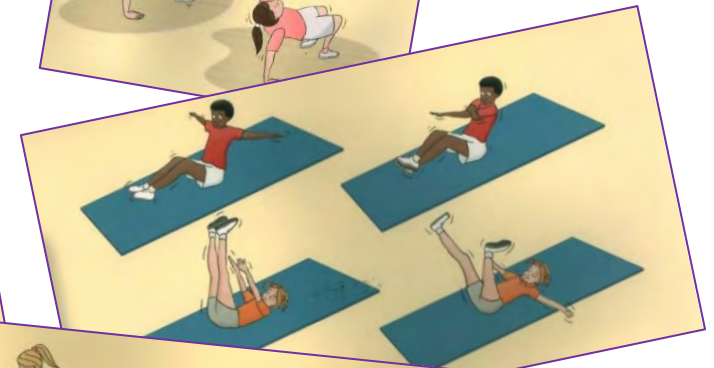
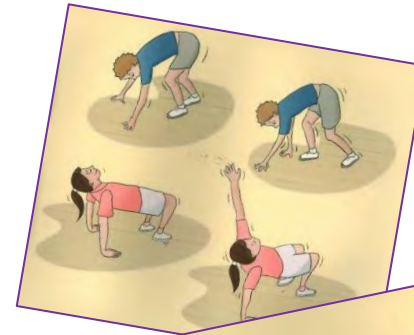
THE FUN GYM CIRCUIT

Instructions:

- ★ Four children per station (two working and two resting) with teacher based at a particular skill station.
- ★ Set up the circuit ensuring that activities working similar muscle groups or movement skills are not placed one after another.
- ★ The children follow the instructions and work at the station for 20 seconds. On signal, swap over.
- ★ Once each child in the group has completed 20 seconds of an activity the groups move on one station.
- ★ Repeat until circuit is complete.
- ★ One complete circuit should take around 15 minutes to complete.

Activity stations:

1. Circle arm walk
2. N-S-E-W jumping
3. Donkey kick
4. Perimeter travelling on feet
5. Caterpillar walk
6. Hula hoop relay
7. Bunny jumps
8. Balancing on small body parts
9. Basic jumps
10. Basic rolls
11. Travelling on hands and feet
12. Balancing on large body parts



1. CIRCLE ARM WALK

Instructions:

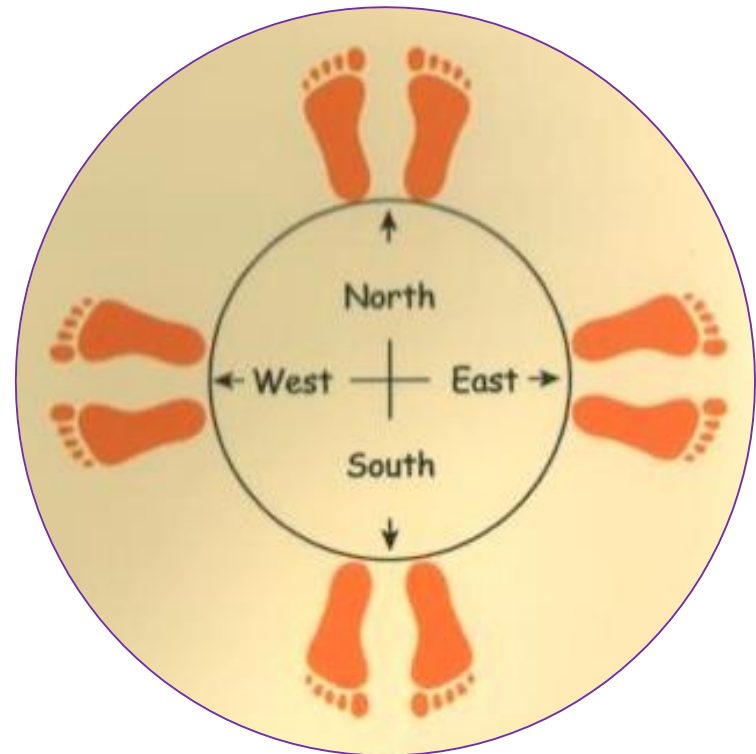
- ★ Four children per station (two working and two resting). Two children work for 20 seconds. On signal, swap over.
- ★ Place hands and feet on the floor, with the back facing the ceiling.
- ★ Keeping the body as long and straight as possible, walk the hands around in a circle keeping the palms of the hands flat on the floor. The feet should pivot on the one spot.



2. N-S-E-W JUMPING

Instructions:

- ★ Four children per station (two working and two resting). Two children work for 20 seconds. On signal, swap over.
- ★ The resting children are the leaders. Leaders take turns to call out north, south, east and west at random to challenge children to perform quarter, half and full turns accordingly. Children can try to follow the instructions together, synchronising the jumps.



3. DONKEY KICK

Instructions:

- ★ Four children per station (two working and two resting). Two children work for 20 seconds. On signal, swap over.
- ★ Take the weight on the palms of the hands, kick the feet upwards (initially one following the other, and then if able, two feet together).
- ★ Land softly and repeat.
- ★ This is best done with the two children facing the same way with backs to the wall, ensuring that there is no-one standing behind.



4. PERIMETER TRAVELLING ON FEET

Instructions:

- ★ Four children per station (two working and two resting). Two children work for 20 seconds. On signal, swap over.
- ★ Move around the perimeter with your partner exploring different ways of travelling on your feet, e.g. hopping, skipping, marching, twirling...
- ★ Can you change the speed and level? Can you create a sequence of movements?



5. CATERPILLAR WALK

Instructions:

- ★ Four children per station (two working and two resting). Two children work for 20 seconds. On signal, swap over.
- ★ Stick your hands to the floor and walk your feet up to your hands.
- ★ Stick your feet to the floor and walk out your hands. Repeat for 20 seconds.



6. HULA HOOP RELAY

Instructions:

- ★ Four children per station (two working and two resting). Two children work for 20 seconds. On signal, swap over.
- ★ In turn, each pair runs out, goes through each hoop, around the beanbag and back to the start. Repeat for 20 seconds and swap over.



7. BUNNY JUMPS

Instructions:

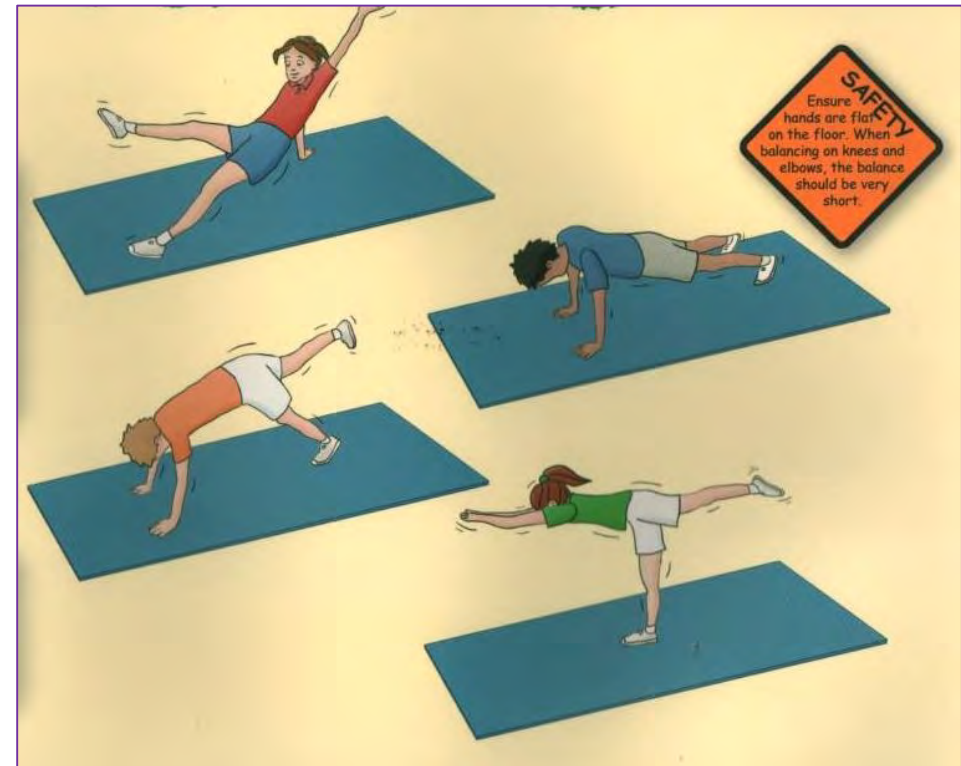
- ★ Four children per station (two working and two resting). Two children work for 20 seconds. On signal, swap over.
- ★ Place the palms of the hands on the floor and squat down. Jump forward on hands and feet shifting the weight from the hands to the feet.
- ★ Land on the balls of the feet with the knees bent.
- ★ Repeat for 20 seconds.



8. BALANCING ON SMALL BODY PARTS

Instructions:

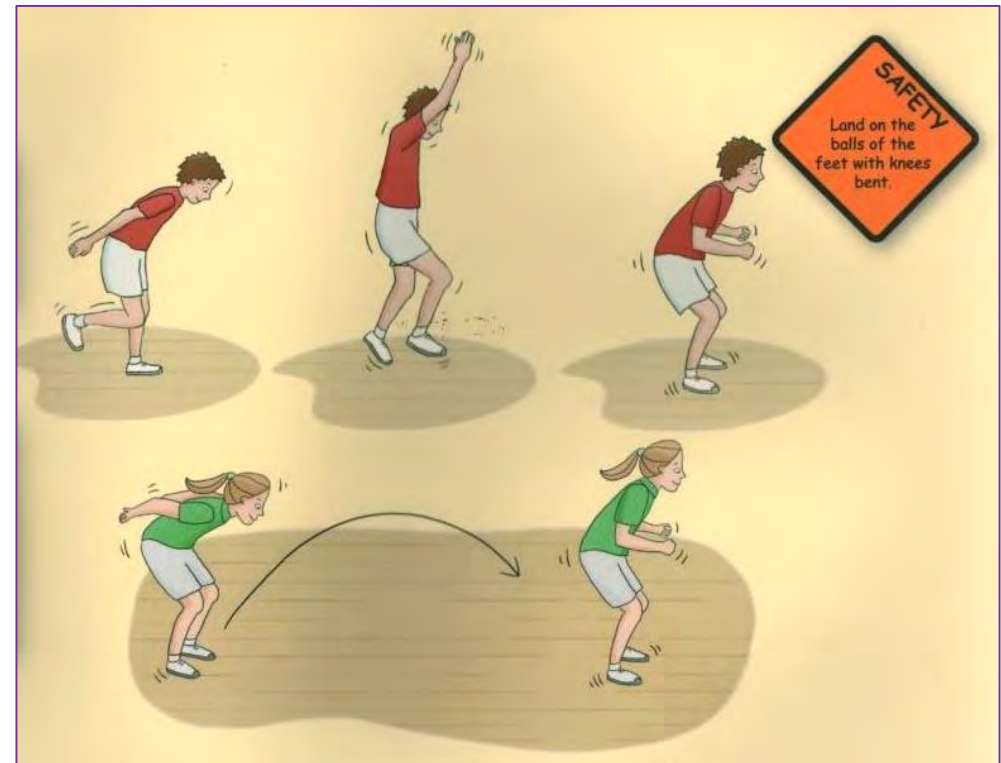
- ★ Four children per station (two working and two resting). Two children work for 20 seconds. On signal, swap over.
- ★ Can you balance using a combination of small body parts? Hold each balance for a count of three. Keep very still and look at a fixed object.
- ★ How high/low can you make the balance?
- ★ Can you move a body part to change how the balance looks?



9. BASIC JUMPS

Instructions:

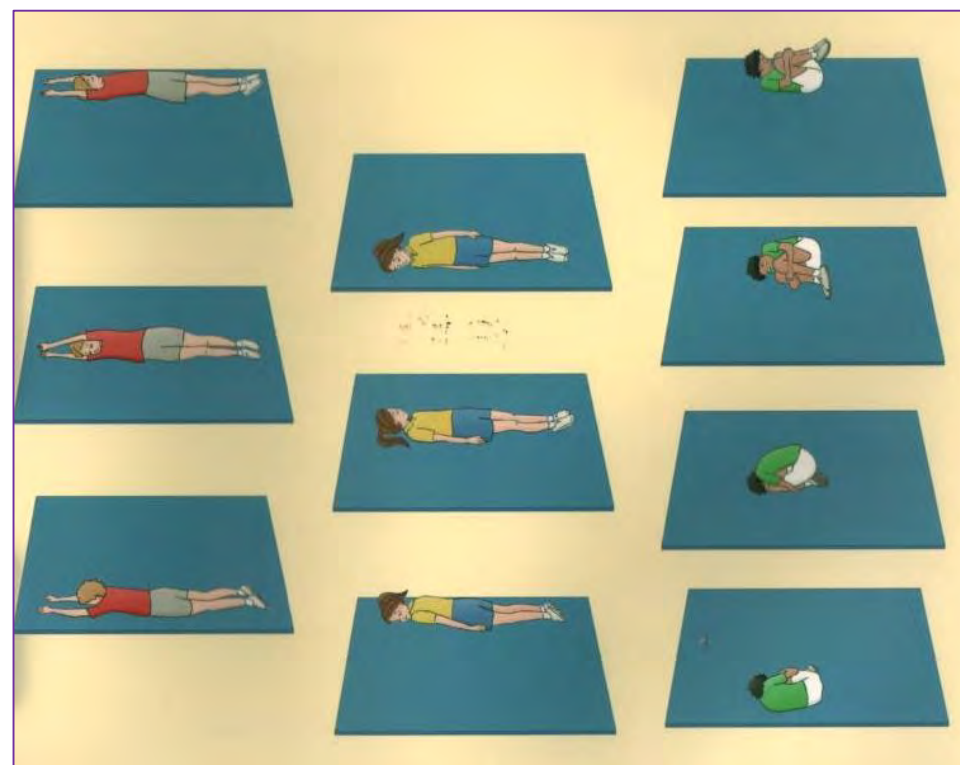
- ★ Four children per station (two working and two resting). Two children work for 20 seconds. On signal, swap over.
- ★ Can you do the five basic jumps?
 1. Two feet to two feet
 2. Two feet to one foot
 3. One foot to the same foot (hop)
 4. One foot to the other foot (step)
 5. One foot to two feet (jump)
- ★ How low/high can you do the jump?
- ★ Can you make a shape as you jump?
- ★ Can you make a jump sequence?



10. BASIC ROLLS

Instructions:

- ★ Four children per station (two working and two resting). Two children work for 20 seconds. On signal, swap over.
- ★ Choose a roll: 1) pencil, 2) sausage, 3) tucked. NO FORWARD OR BACKWARD ROLLS if teacher is not based at this station.
- ★ How slow/fast can you do the roll?
- ★ Can you do the roll forward/backwards?
- ★ Can you make a roll sequence with your partner?



11. TRAVELLING ON HANDS AND FEET

Instructions:

- ★ Four children per station (two working and two resting). Two children work for 20 seconds. On signal, swap over.
- ★ Explore different ways of travelling on your hands and feet.
- ★ Can you do the travelling movements backwards/forwards?
- ★ Can you travel on hands and feet with tummy facing the ceiling?
- ★ Can you create a sequence using the different travelling movements?



12. BALANCING ON LARGE BODY PARTS

Instructions:

- ★ Four children per station (two working and two resting). Two children work for 20 seconds. On signal, swap over.
- ★ Can you balance on your bottom/front/side/back/shoulders?
- ★ Hold each balance for a count of three. Keep very still and look at a fixed object.
- ★ How high/low can you make the balance?
- ★ Can you move a body part to change how the balance looks?
- ★ Can you make a balance sequence with your partner?

