



Circuits activation

What's needed

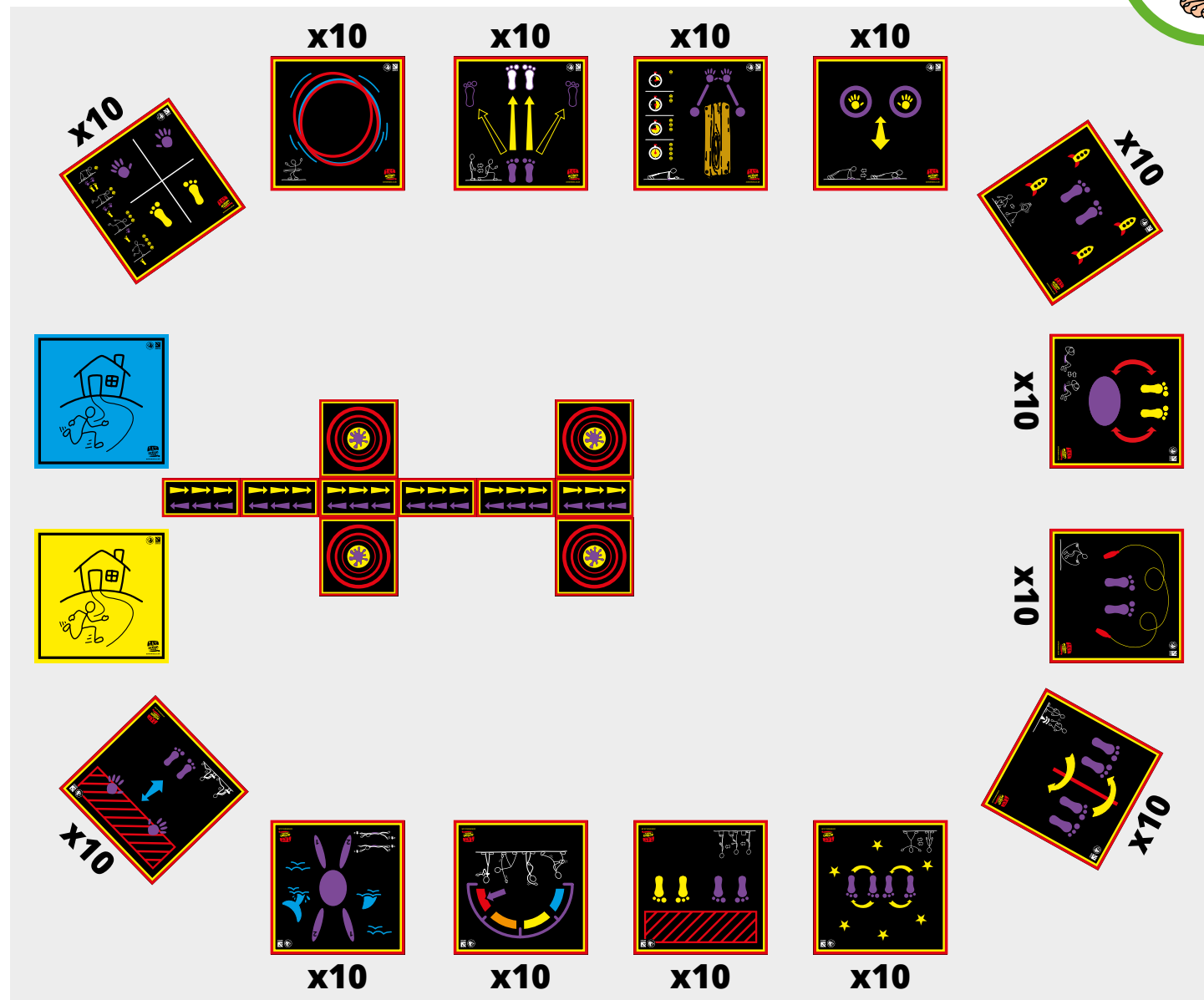
- 2x Home Mats
- 14x Action Mats
- Cones
- Arrow Mats
- Target Mats
- Stopwatch/ music (optional)
- Resource Sheet for recording results (if working in pairs)

How to play

Using all the Action Mats, set up a full circuit. Players make their way around the circuit, performing each activity as they go.

A timer can be incorporated into the activities, as it is important that controlled and good technique is employed, rather than speed.

The Setup





Suggested age range

KS1 and KS2

Learning outcome

To perform a variety of circuit exercises with correct technique.

Reference: Physical education programmes of study: key stages 1 and 2 National curriculum in England (DfE-00176-2013).

Success criteria (measuring impact)

Complete the circuit as a team within the specific time frame.

Risks to be considered

- Suitable clothing and footwear is worn by the children and anything that could obstruct or cause injury has been removed
- The right equipment is available and has been checked
- The area is safe and clear ensuring any hazards have been removed
- Safety information is highlighted to all
- SEND pupils and other vulnerable groups (e.g. EAL) have suitable support to take part in the activities

Assessment for learning questions (adapt for key stage)

Pre- activity:

- How does practice help improve control and technique?
- What strategy can you use to improve on your personal best?

Post-activity:

- What did you do better or differently to improve?
- What difference did the pressure of time make on your performance?

Warm Up

Perform two rounds for 30 seconds each. Rest for 10 seconds in between each exercise:

- Lunges 30 second /10 second rest
- Plank 30 second /10 second rest
- Press ups 30 second /10 second rest
- Rocket jumps 30 second /10 second rest
- Sit ups 30 second /10 second rest
- Star jumps 30 second /10 second rest

Differentiation and personalisation

- Use music to keep the session moving
- Pace: reduce or speed up the time allocated to perform each exercise
- Ask a child to lead warm-up or cool down

Main Focus

To demonstrate skills learnt to perform exercises independently with control and good technique.

Cool down

Teacher leads
– 30 seconds per stretch

- Plank with a superman stretch
- Hula hoop motion without the hula hoops, slowly
- Static lunges with side stretch
- Static Rocket Jumps -Squat and lift
- Calf stretch

Further reflections

- In which activity do you think you have demonstrated your personal best?
- What improved skills have you achieved?
- Where do you feel you could have done better?
- What would be your goal for next time?
- What have you learnt about yourselves today?