



Circuits

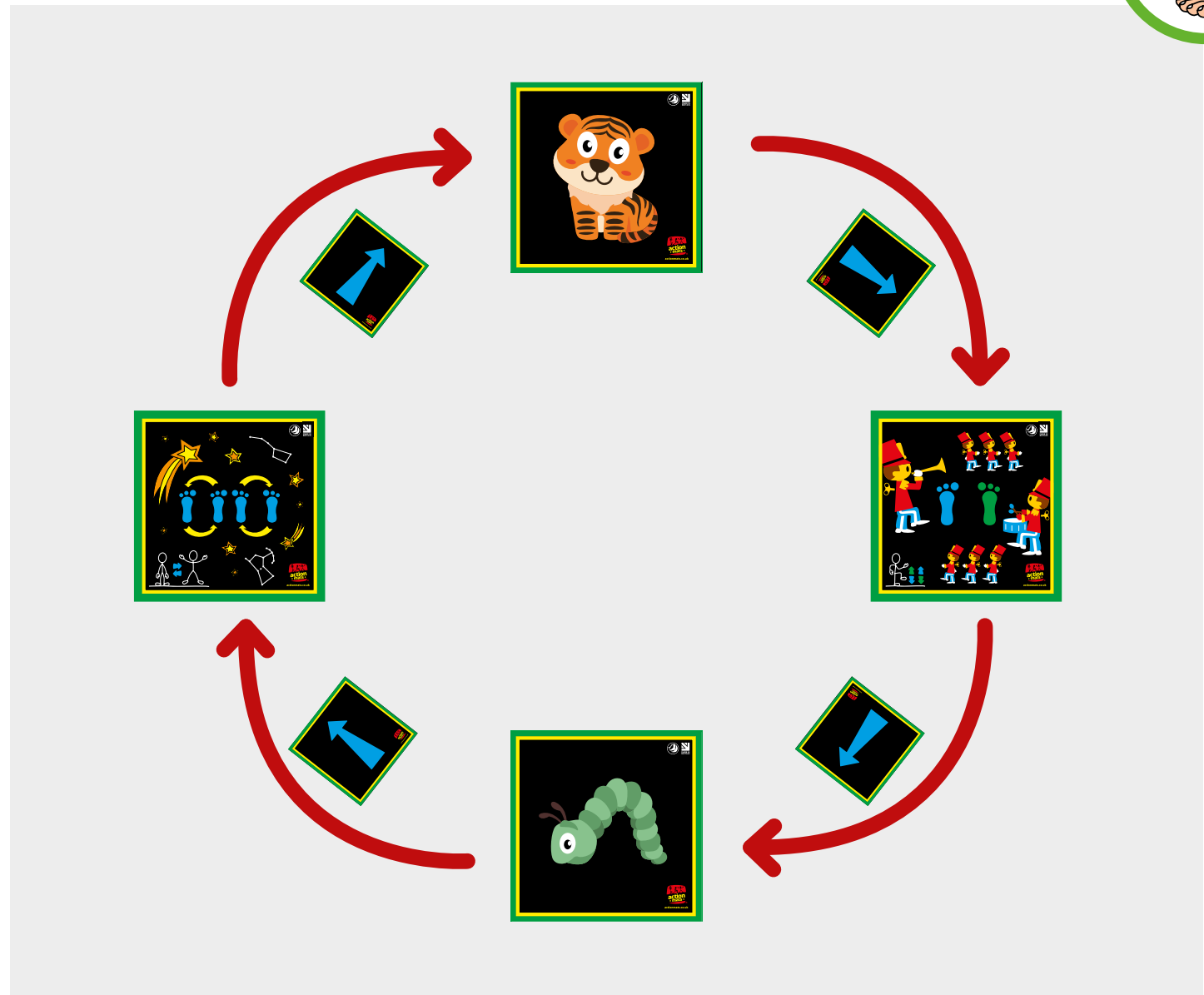
What's needed

Animal Mats
Arrow Mats

How to play

Set the mats in a circle, alternating Mini mats and animal mats with arrow mats in between showing the children which direction to go round in. The children carry out the exercise 10 times then move on to the next mat and move like the animal on the mat for the time it takes to do 10 reps on an exercise mat, if the child lands on an arrow mat then do star jumps while the child in front does 10 reps. Using an egg timer will help the children focus on the task on their mat.

The Setup





Suggested age range

Foundation Stage/ KS1

Learning outcome

To be able to follow instruction, count their own exercises, to develop control and coordination while on the exercise mats.

Success criteria (measuring impact)

circuit independently while being mindful of the other children ahead and behind them.

Risks to be considered

- Suitable clothing and footwear are 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 staff and children
- SEND pupils and other vulnerable groups (e.g., EAL) have suitable support to take part in the activities

Assessment for learning questions

Pre- activity:

- Why is working as a team important?
- What tips could you give to someone wanting to improve their exercises on the mats?
- What is helpful or unhelpful when working in a team?

Post-activity:

- What did you do better or different to improve?
- What could you do better next time?
- What have you learnt about working in a team?

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

Main focus

To successfully go around the circuit independently carrying out the exercises or animal movements, keeping an eye on the egg timer to gauge how long they have left on that mat.

Cool down

Teacher led
30secs per exercise

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

Reflect

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?