



Circuits

What's needed

4x Arrow Mats
4x Target Mats
8x Mini Mats

How to play

Set the mats up in a circle with the arrow and target mats between each mini mat, alternating between a target and an arrow.

The children pick one of the mini mats to start on and perform the exercise.

Target mats mean jumping 10 times on one leg around the mat.

Arrow mats mean jumping 10 times on one leg backwards and forwards.

Once they have completed the exercise they move clockwise around the circle to the next mat.

The Setup

