

PE - Circuit Training

The idea for this activity arose out of trying to fill the 30 minute PE slot on a Friday afternoon which is shared by 52 children! We set up a circuit of different activities where the children aimed to score as many points as possible and to improve their score over 4 weeks. Our hall is quite small but we found that we had plenty of room for the activities to run safely.

The first session was hardest as we introduced the children to the different activities and explained the scoring system. But once they were familiar with the circuit the children became adept at organising themselves quickly and quietly with little teacher instruction.

Each group split themselves in two so that a maximum of 4 children were participating in there activity. They were given a minute to see how many points they could score and recorded this, using the attached matrix.

We had only intended to run the activity for 4 weeks but the children were so enthusiastic that we decided to design a new circuit for the next half-term.

The activity linked to our topic on the human body and provided some interesting data for data handling and ICT work.

Keep Fit

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

CIRCUIT TRAINING PROGRESS CHART															
Exercise	Week 3							Week 4							
	1	2	3	4	5	6	7	1	2	3	4	5	6	7	
Shuttle runs There and back = 1															
Skipping Per skip															
Step Up (on bench) Two feet up = 1															
Star jumps Out and in = 1															
Bunny hops (on bench) Each jump = 1															
Feet Change (on bench) 1 foot up = 1															
Ball to knees Ball on knee = 1															
Rest															

Keep Fit and Test Your Skills

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

CIRCUIT TRAINING PROGRESS CHART

Exercise	Week 1							Week 2						
	1	2	3	4	5	6	7	1	2	3	4	5	6	7
Bean bag throw 1pt per bag in the hoop														
Basketball bounce There and back = 1														
Racquet and ball														
Hockey slalom There and back = 1														
Squat thrusts Feet touch the line = 1 point														
Hoop step A point for each time you reach the end hoop														
Coit balance Reaching the end of the bench = 1														
Rest														