

KEY STAGE 1 FITNESS CIRCUITS

Bunny Hops	Ladder Run
<p>Equipment: Long rope</p> <p>Activity: Stand side-on to rope with both feet together. Jump over and back keeping feet together.</p> <p>Challenge: How many complete jumps?</p>	<p>Equipment: Fitness ladders</p> <p>Activity: Stand facing ladder. Travel to end of ladder with one foot in each hole. Go back to the start after each complete length.</p> <p>Challenge: How many ladder lengths completed?</p>
Shuttle Run	Beanbag Head, Shoulders, Knees, Toes
<p>Equipment: marker cones x6</p> <p>Activity: Cones set out in 2 rows. Children run between 2 cones, counting each cone touched.</p> <p>Challenge: How many cones touched?</p>	<p>Equipment: Beanbags x6</p> <p>Activity: Hold a beanbag in each hand. Standing upright touch head with each beanbag, then shoulders, knees and toes.</p> <p>Challenge: How many sets complete?</p>
Bean bag target throw	Spotty Dogs
<p>Equipment: Bean bags x9 Hoops x3 Long rope</p> <p>Activity: Children stand behind rope with 3 bean bags. Throw one at a time aiming at hoop. Collect bean bags and return to start.</p> <p>Challenge: How many beanbags in the hoop in total?</p>	<p>Equipment: None</p> <p>Activity: Stand with left arm and right leg forward. Alternate left and right sides (puppet style!)</p> <p>Challenge: How many sets?</p>

Each activity timed for 2 minutes with 1 minute rest in between.
 Rotate around stations.
 Warm-up before session and at end.