

KEY STAGE 2 FITNESS CIRCUITS

Ladder Side Shuffle	Slalom Shuttle Run
<p><b>Equipment:</b> Fitness ladders</p> <p><b>Activity:</b> Children face side on to the ladder. Both feet into each ladder hole one at a time before moving into the next hole. Work to the end of the ladder and back down the other side.</p> <p><b>Challenge:</b> How many ladder lengths completed?</p>	<p><b>Equipment:</b> marker cones x6</p> <p><b>Activity:</b> Cones set out in 2 offset rows. Children run around each cone in a zig-zag pattern. Go back to the start.</p> <p><b>Challenge:</b> How many shuttles completed?</p>
Bean bag target throw	Skipping
<p><b>Equipment:</b> Bean bags x9 Hoops x3 Long rope</p> <p><b>Activity:</b> 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><b>Challenge:</b> How many beanbags in the hoop in total?</p>	<p><b>Equipment:</b> Skipping ropes x3</p> <p><b>Activity:</b> Skipping on the spot.</p> <p><b>Challenge:</b> How many complete skips?</p>
Ski Jumps	Beanbag Head, Shoulders, Knees, Toes
<p><b>Equipment:</b> Long rope</p> <p><b>Activity:</b> Stand side-on to rope with both feet together. Jump over and back keeping feet together.</p> <p><b>Challenge:</b> How many complete jumps?</p>	<p><b>Equipment:</b> Beanbags x6</p> <p><b>Activity:</b> Hold a beanbag in each hand. Standing upright touch head with each beanbag, then shoulders, knees and toes.</p> <p><b>Challenge:</b> How many sets complete?</p>

Each activity timed for 3 minutes with 1 minute rest in between.  
 Rotate around stations.  
 Warm-up before session and at end.