

Make large circles with your arms out wide
Try going forwards & backwards

1 Bend your arms to dip your bottom below the bench
2 Push yourself back up

COACHING TIP
Try to keep your whole body straight

1 with both legs, into the air
2 Land back down on both feet

1 Punch in the air as many times as you can
2 Alternate using your left & right hand

1 Bend your arms to touch the cone with your chest
2 Push yourself back up

COACHING TIP
keep your back straight

1 the wall & put your hands on it
2 Push yourself off the wall

BALL TWISTS
Sit & hold the ball in front
Twist left & right to tap the ball on the ground each side

COACHING TIP
Try to keep your feet off the ground

BICYCLES
1 Sit on the ground & put your hands behind your head
2 Lift your knee to touch your opposite elbow
3 Then switch - lift your other knee to touch your other elbow

CRUNCHES
1 Lay on your back with your hands behind your head
2 Crunch, by lifting your knees to touch your elbows
3 Lay back down again

SIDE SCISSORS
1 Lay on your side with straight legs
2 Lift your leg up into the air, then bring it back down

COACHING TIP
Try to keep your legs straight

TOE REACHES
1 Lay down flat on your back
2 Sit up & reach to touch your toes
3 Lay all the way back down

WINDSCREEN WIPERS
1 Lay on your back
2 Keeping your legs together, move them in the air from side to side

1 FOOT REACHES
1 Balance on 1 foot & touch the ground with 1 hand
2 Stand back up again & repeat with the other foot/hand

CRAB KICKS
1 Start on all 4's like a crab, with your belly facing up
2 Reach with 1 hand to touch your opposite foot (keep kicking)

HAND WALKS
1 Bend down with hands on the ground
2 Walk your hands forward

SKI HOPS
1 Stand with feet together
2 Hop forward with both feet together
3 Land with feet together

STAR STRETCHES
1 Stand with feet as far apart as possible
2 Reach each arm out to touch the opposite leg
3 Repeat with the other side

COACHING TIP
Reach out with your other arm straight. Lift your other leg out straight behind.

SUPERMAN
1 Start in the push up position
2 Balance on 1 leg & 1 hand (opposite side)
3 Repeat with the other side

COACHING TIP
Reach out with your other arm straight. Lift your other leg out straight behind.

BOX JUMPS
Stand in front of the box
Jump up onto the box & land
Jump back down on both feet

FROG JUMPS
1 Bend your knees
2 Jump back down on both feet

HOOP JUMPS
1 Stand with feet together
2 Jump with hoop in between feet

PILATES MAT
1 Stand with feet together
2 Sit in front of the mat
3 Stand with feet together

PIRATES
1 Stand with feet together
2 Jump to twist your body & switch feet on the spots
3 Repeat side-to-side

SURF SWITCHES
1 Stand side-on with a foot on each spot marker
2 Jump to twist your body & switch feet on the spots

MOUNTAIN CLIMBS
Start in the push up position
Lift 1 knee up towards your chest, then switch legs & keep switching...

PLANK
1 Lay on your elbows/forearms & feet only
2 Hold the position as long as possible, keeping your back straight

COACHING TIP
Keep your stomach off the ground

SIDE PLANK
1 Lay on your side on your elbow/forearm & feet only
2 Hold the position as long as possible, keeping your body straight

COACHING TIP
Keep the rest of your body off the ground

SKIPPING
1 Skip for as long as you can without stopping the rope
2 Hop from foot to foot

COACHING TIP
Stay light by hopping on the balls of your feet

SPRINTING
1 Run back & forth from cone to cone (cones 10-15m apart)

COACHING TIP
Pump your arms as you run

WALL SIT
1 Have your back flat against the wall
2 Keep your stomach tight
3 Keep your knees bent at 90

AIRPLANE LUNGES
Stand with your arms out to the side
Take a big step forward
Bend your knee
Back leg

BURPEES
1 Crouch down to touch the ground
2 Kick your feet down into a push up position
3 Kick your feet back up again to your chest

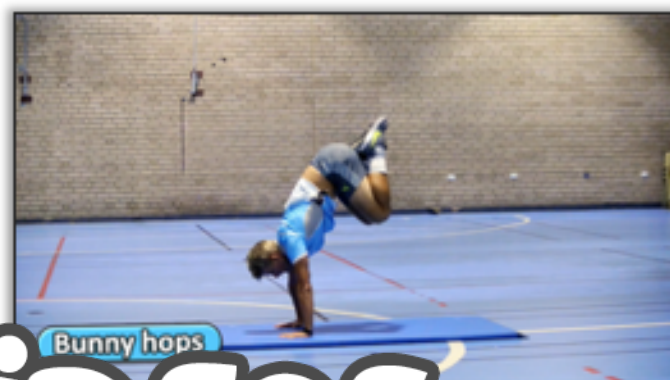
JUMPING JACKS
1 Stand straight with arms by your side
2 Jump with legs wide & bring your hands above your head

KNEE UPS
1 Sit on your knees
2 Swing your arms & jump up to land on both feet at the same time

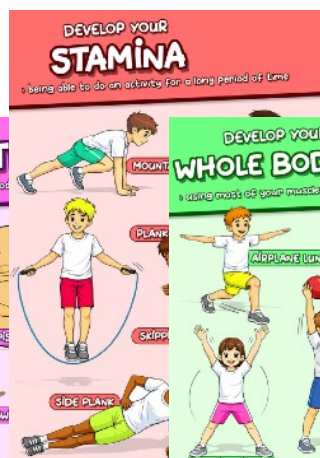
SQUAT & PUSH
1 Bend your knees to touch the ground with the ball
2 Stand up straight & reach as high as you can

SUMO KICKS
1 Stand straight
2 Squat down
3 As you come back up, kick out to the side
4 Squat back down & kick to the other side

36 PRINTABLE circuit CARDS



SUPPORTING VIDEOS



& POSTERS



You'll be all set with 36 unique circuit station cards. The pack is a must have for your school sport lessons. Suitable for K - grade 8, these exercise cards cover the 6 components of fitness necessary to keep your students healthy and active:



- › Arm circles
- › Bench dips
- › Bunny hops
- › Push-ups
- › Punches
- › Wall push-offs



- › Ball twists
- › Bicycles
- › Crunches
- › Side scissors
- › Toe reaches
- › Wind-wipers



- › Crab kicks
- › Hand walks
- › Ski hops
- › Star stretches
- › Superman
- › 1-foot reaches



- › Box jumps
- › Frog jumps
- › Hoop jumps
- › Pistol squats
- › Side lunges
- › Surf switches



- › Mountain climbs
- › Plank
- › Side plank
- › Skipping
- › Sprinting
- › Wall sit



- › Airplane lunges
- › Burpees
- › Jumping jacks
- › Knee ups
- › Sumo kicks
- › Squat & push

- Print out and laminate the cards (a4, a5), and also the score sheets (optional). Then watch the online 'how to' videos, then put the cards on a cone/at each station & get the kids exercising.
- Then divide the class across the circuits, have them complete the activity for 60 seconds, then rotate around to the next station. Record scores & set personal bests on the score sheets.
- Each activity has an instructional video to show your class exactly how to do it, play it to the class before you get to the sports hall!
- Your students can write down their points/repetitions completed at each station, and can track their fitness and try to beat their own scores...

"Every school needs these cards for their students' weekly fitness!"