

Fitness Circuit Cards

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Fitness Circuit Cards

Skipping Track

Skip around the circuit:

- How many laps can you do?
- Are you faster than your friend?
- Can you skip backwards?



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Bunny Jumps

Do 10 bunny jumps:

- How far can you travel?
- How high can you jump?
- Can you jump higher or further than your friend?



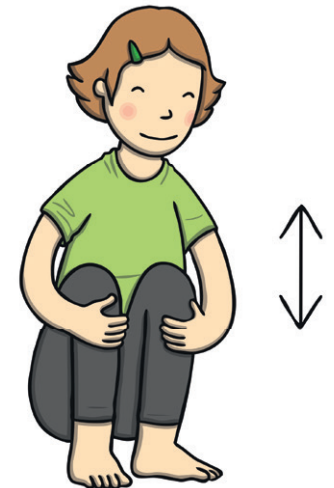
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Fitness Circuit Cards

Tuck jumps

Do 10 tuck jumps:

- How high can you jump?
- Can you jump higher than your buddy?
- How many tuck jumps can you do without stopping?



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Ski Jumps

Do 20 ski jumps:

- You can jump on the spot or travel forward.
- Can you travel backwards?
- What happens if you ski jump using your arms to propel you?
- What happens if you **don't** use your arms?

Line Jumps

Face a line and jump forwards and backwards over the line:

- What happens if you jump using your arms to propel you?
- What happens if you **don't** use your arms?
- How many jumps can you do in a minute?

Hopping

Hop around the circuit:

- How many laps can you do?
- How many hops can you do before you need to swap legs?



Tiptoe Walking

Tip toe around the circuit:

- Can you tip toe fast?
- Can you tip toe slowly?



Knee Highs

Run around the circuit bringing your knees up high.



Crab Walk

Crab walk around the circuit:

- Can you crab walk faster forwards or backwards?
- Have a race with your friends.
- Can you crab walk sideways?

Heel Walk

Walk around the circuit on your heels:

- Can you walk fast?
- Can you side step on your heels?



Toe Touches

Do 10 toe touches:

- Reach up high and then bend down and touch your toes. Your arms and legs should stay straight.
- Can you do sitting toe touches?



Star Jumps

Do star jumps for one minute:

- How many can you do?



Step Ups

Find a bench or step and do step ups – one leg at a time, for a minute:

- How many steps can you do?
- Can you do jump ups? (both legs at once)

Sprints

Sprint the length of the court, then walk back. Repeat this for 1 minute:

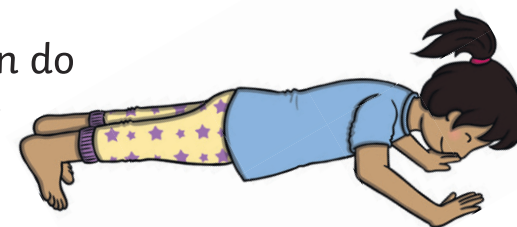
- How many lengths can you do?



Push Ups

Do push ups for a minute:

- How many can you do?
- Can you do push ups with one hand or one foot?
- If it is hard, you can do push ups with your knees down.



Arm Circles

Start with your arms out making small circles, slowly make your circles bigger:

- Can you make backwards circles?
- Can you do one arm backwards and one arm forwards?

Bounce a Ball

Bounce a ball on the spot:

- How many bounces can you do before dropping the ball?
- Can you bounce while walking in a circle?
- How many bounces can you do in a minute?

March

March around the circuit:

- Make sure your body is straight like a soldier.



Leap Frog

With a friend, play leap frog:

- How far can you travel in a minute?
- Can you follow a line around the court?



Tunnels (like a leap frog)

With a buddy play tunnels (this is like leap frog but you make tunnels for your friend to crawl through):

- How far can you travel in a minute?
- Can you follow a line around the court



Rowing

Face a buddy and hold each other's wrists, bend your knees and lean back, rock back and forwards rowing your arms:

- Can you do this while sitting?
- Can you do this while standing?
- Can you row with 3 people? Or 4 people?



Treadmill

Lie down on the ground with your feet touching your friend's. Run keeping your feet touching:

- How fast can you go?
- How slow can you go?

