

CIRCUIT TRAINING

LENGTH OF TIME: 25 to 30 minutes

GRADE LEVELS: Third through Fifth

CANDACE'S NOTES: I often change the non PFA equipment to make Circuit Training appropriate for the younger students.

HOW TO PLAY:

There are 14 stations in all. I place equipment in between each PFA station for seven additional stations. (see sample stations below).

Students workout 1 minute and 30 seconds at each station. I play music while they are working out. When the music stops, the students stop and wait for the signal to rotate.

Students are given a task sheet or demonstration as what to do at each station. My students pride themselves in their creativity and have demonstrated understanding of the safety concepts I have taught them. Some lessons are referred to as "Creative Time". These are the lessons in which my children really shine. They love showing me what they have and can create with the equipment.

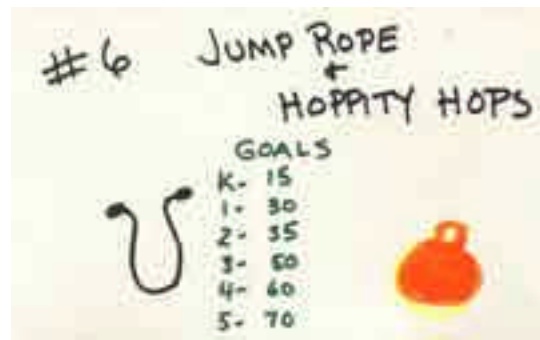
- Station # 1 Horizontal Ladder
- Station # 2 Medicine ball pass
- Station # 3 Step Station
- Station # 4 Barrel shooting station/Basketball
- Station # 5 Parallel Bar Station
- Station # 6 Hoppity Hop/Jump rope Station
- Station # 7 Pole climbing station
- Station # 8 Putt Putt station
- Station # 9 Vault Bar Station
- Station # 10 Dynaband Station
- Station # 11 Horizontal Bar Station
- Station # 12 Soccer shoot Station
- Station # 13 Sit up station
- Station # 14 Football Toss Station



Ladder Task Card



Knee Task Card



Jump Task Card



Step Task Card