

Kids Circuit Session 1

Work for 15s on each exercise with 30s rest between. 1 set is 10 exercises. Take 2 minutes between sets. Perform 2-3 sets. If not sure of exercises, please look on the internet for videos of them.



1. BALANCE ON ONE LEG

Standing as still as you can with one foot off the ground



2. CATCHING BALL

Throw a ball to each other



3. RUNNING SHUTTLE

Mark cones/cushions roughly 2-10m apart (depending on space). Shuttle run between the cones



4. BALL THROW

Throw the ball in the air and catch as many times as possible in the time



5. BALL THROW IN BUCKET

Throw ball in bucket and run to get it and back to starting spot.



6. HOP ON ONE LEG

Try to hop and land in the same place for the whole time period



7. BOXING AGAINST A PILLOW

Punch as fast as you can against a pillow



8. JUMPING FOR DISTANCE

Long jump as far as you can from one spot. Run back to spot and jump again



9. PUNCHES IN THE SKY

Punch as fast as you can up to the sky



10. PLANK

Hold a plank position for the time period