



CIRCUIT TRAINING

Year 3/4

WEEK 10

TEAM RELAY RACES
Focus: Cardio

Suggested work out:
Pulse raiser for approximately 5 minutes. Start with light walking and skipping before increasing the speed. Either take each station at a time with everyone involved or have two teams race in each station and rotate. Finish with pulse lowering jogging, loose skipping and walking followed by stretches. Up to 2 minutes per station.

RING CHASE

Teams stand in a circle and link arms, they must move around their cone to defend their teams bib which will be hanging from the back of one player's shorts. A nominated child from each team will be given another teams bib to try and catch.
Winning team is the one that catches a bib first.

DUCK AND BEAR

Perform duck walks to 1st cone, bear crawl to 2nd cone, run back to the start.
Next person can go when the duck walk has been completed.
First team to have everyone back at the start wins.

OVER UNDER PASS

Ball must go over and under alternately down the line, person at the end runs to the front and starts again.
First team to have everyone sat back in their starting order wins.

LADDER BALL

Quick feet putting 2 feet in each part of the ladder, players must pass tennis ball to next player before they can start their turn. Start with one tennis ball and add in another so the relay moves quicker.
First team to have everyone sat back in their starting order wins.

STRAIGHT ARM PLANK PASS

Circle game – straight arm plank – pass the ball from left hand to right hand then on to the next person.
First team to complete a full circle wins.
Add in more tennis balls to make harder.

CROSS THE RIVER

Each team races to get to the other side of the hall. Teams are only allowed to travel across the hall using the equipment they have been given (gym mats/skipping rope/markers etc). If any of the pupils step off or outside of their equipment the whole team returns to the start and starts over.
First team across wins.

EQUIPMENT:

Stopwatch / whistle / bench / cones / skipping rope / speed bounce / gym mats / agility ladder / bibs

ONE**TWO****DO**

The ladder work can be completed in a number of different ways. Here we have shown two possibly ways. One is based on facing forward with one foot in each gap. If you do not have a ladder then create spaces with spots or chalk.

The second option is moving sideways (laterally) across the spaces. Ensure that your leading legs goes first so avoid crossing legs over. Here it is right leg to go first.

Keep your head looking forward and chest up. Use the balls of your feet to keep light and move your arms when you feel comfortable.

THINK

What does an activity like this work on?

FEEL

Can you come up with a new way to use the ladders with a partner. You can change the foot work or add equipment.

ONE



TWO



THREE



DO

Work as a team to get from point A to point B. Have objects like spots or lines to stand on. If you have two people in your team you will need three spots. You need to stand on the spots, if you touch the floor with your shoes, hands or even your finger you need to start again!

THINK

What is the best way to cross the river quickly?

FEEL

How do you feel when you are competing against someone else?

ONE**TWO****DO**

With a partner or by yourself you need to duck walk to a point and then return performing duck walks. Continue.

Use the Duck Walk and Bear Crawl cards if you need the coaching points.

THINK

What are the key differences between these exercises?

FEEL

How can you prepare for exercise? (don't forget nutrition and hydration!)

ONE**DO**

Hold a press up position.

Make sure your arms are straight.

Hands and shoulders in line (if not it will be hard to hold your position).

Flat back. If your bottom sags then stop and start again,
no bottoms in the air.

THINK

Count how many seconds you can hold this position for.

FEEL

If you have your hands in front of your shoulders how does it feel?
Is it harder?

ONE**TWO****DO**

With your partner / team. Start with the ball with the first person in the line. They put the ball over their head. The person behind grabs the ball and places it through their legs. You keep going over and under until it reaches the end of your line.

You can also have the first person run to the back of the queue once they have passed the ball on and continue to a finish line.

THINK

What components are we working on here?

FEEL

As a team work together to complete the challenge.

ONE



DO

In a small square have a bib in the back of one persons' shorts. They need to move around trying to ensure that the bib isn't taken by their partner.

YOU CAN NOT MAKE CONTACT WITH YOUR PARTNER OR FEND THEM OFF.

Have good balance with your feet shoulder width apart, stand on the balls of your feet and take a low position to have a stable centre of gravity.

THINK

Why is it important to follow the rules of games & activities?

FEEL

How much exercise should you do every day?