

FUN FITNESS CIRCUITS

Fundamental Movement Skills

Fundamental movements are crucial in developing a foundation for physical literacy. Having fundamental movement skills can increase a student's comfort, confidence, and competence with physical activity. This circuit teaches these skills to students of all ages. Please refer to the schematic in the Fun Fitness Guidelines for ideas on how to structure the stations around a gymnasium.

Activities adapted from OPHEA's [Learn to Move: Fundamental Movement Skills and Strategies](#).

Station 1: Jumping

Equipment: None

Students will perform jump squats.

1. They start by bending down into a squat position with feet shoulder width apart, and knees bent at ninety degrees keeping them in line with their toes.
2. Students then jump up explosively, driving their hands straight up above their head.
3. Students should land as quietly as possible by bending knees when landing to move back into the squat position to help absorb the impact.
5. Repeat until time is up.

Station 2: Dribbling and Passing

Equipment: Basketball or rubber ball, and 2 pylons

1. Two pylons are set up about five meters apart. Students form a line behind the starting pylon. The first student in line has the ball.
2. The student dribbles the ball with one hand and moves from the first pylon to the second one, dribbles around the second pylon, and then dribbles half way back to the first pylon and stops.
3. The student will bounce pass the ball to the next student in line. To finish, the first student runs to the back of the line and the student who received the bounce pass takes a turn dribbling.
4. Everyone rotates until time is up.

Option: Students with developing skills can try dribbling with two hands

Station 3: Striking with Racquet

Equipment: Badminton racquet, birdies, targets (spot on the wall)

1. Each student holds a racquet in their dominant hand and stands about five meters away from a wall with a target.
2. Students toss a birdie in the air and use the racquet to strike it toward a target.
3. Students retrieve the birdie and repeat until time is up.

Station 4: Dodging

Equipment: 5-6 pylons, equal number of left and right signs (each sign is a sheet of paper with either left or right written on it or arrows indicating a change of direction)

1. Arrange pylons in a staggered line or Z pattern. Students line up behind a starting pylon.
2. The first student runs toward the first pylon and plants one foot down before quickly moving (dodging) in the direction the sign indicates (left or right).
3. The student continue to move to each pylon and follow the cues to change direction at each one.
4. Once the student has dodged through all the pylons, they run straight back to the starting line and the next student goes.
5. Repeat until time is up.

Option: Students with developing skills can do full circles around each pylon.

Station 5: Shooting

Equipment: Hockey sticks, net, targets in the net, soft puck or small ball

1. Students stand beside each other behind a starting line facing the net about four meters away. Each student has a hockey stick and puck.
2. One at a time each student shoots the puck at the target in the hockey net using their dominant hand.
3. Once all students have shot their puck into the net, they retrieve the pucks and line up to shoot again.
4. Repeat until time is up.

Option: Have smaller targets set up inside the net; use pool noodles instead of hockey sticks.

Station 6: Throwing

Equipment: Various balls

1. Each student chooses a ball and stands facing a wall approximately two meters away from it.
2. Students toss the ball overhand at the wall while stepping forward with the opposite foot. Students catch the ball with one hand after it bounces once.
3. They continue throwing and catching until time is up. Encourage students to focus on technique and accuracy rather than number of times or how hard they can hit the wall.

Option: students with developing skills can catch the ball with both hands.

Station 7: Kicking

Equipment: Target, various balls

1. Students stand beside each other behind a starting line facing a target about two meters away. Each student has a ball that is placed on the ground in front of them.
2. One at a time students kick the ball at the target using their dominant foot.
3. Once all students have kicked their ball at the target, they retrieve their ball, and then line up to kick again.
4. Repeat until time is up.

Option: Students with developing skills can use a larger ball or target.

Station 8: Tossing

Equipment: 5-6 rings, 5-6 tall pylons

1. Students stand beside each other in a line and each student should be standing in front of a pylon (place pylon an appropriate distance depending on skill level). Each student has a ring.
2. Students toss their ring toward the pylon in front of them to hook the ring on top of the pylon. Students retrieve their ring and line up to throw again.
3. Repeat until time is up.

Option: Students with developing skills can stand closer to the pylon or use a larger ring.

Station 9: Water Break

Equipment: Water fountain or water bottle

1. Students can take a break, get a drink of water, or dance.

Jumping

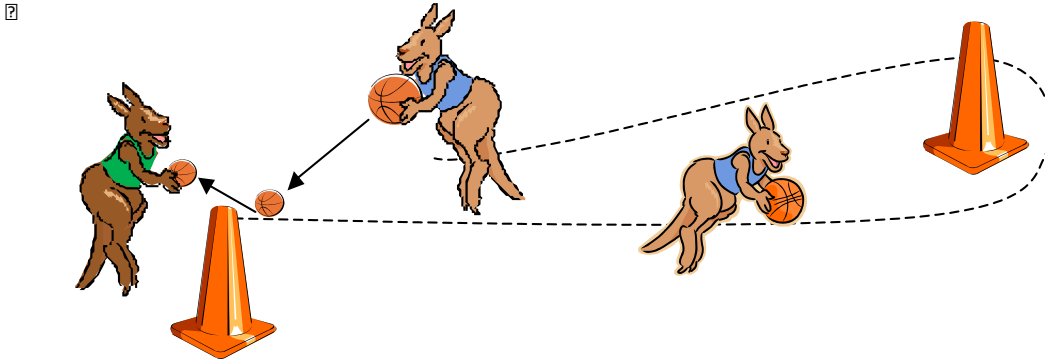
Equipment: none



1. Stand with your legs shoulder width apart.
2. Bend your knees and get into a low squat position.
3. From your squat position, jump upwards, with your hands straight above your head.
4. Land as quietly as you can and absorb the impact by bending down into a squat position.
5. Repeat until time is up.

Dribbling and Passing

Equipment: basketball or rubber ball, pylons

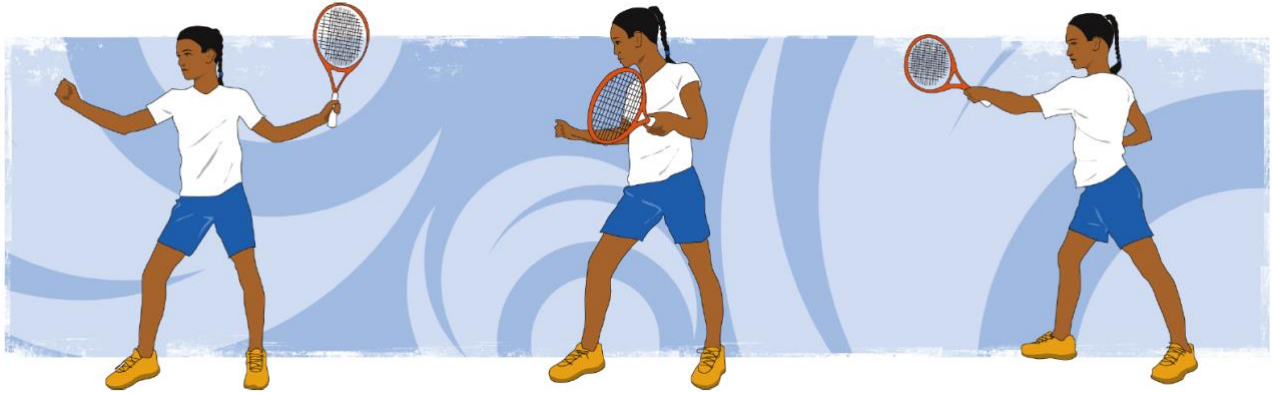


1. Form a line at the starting pylon. The first student in line will have the ball.
2. Dribble the ball to the second pylon, dribble around it, then stop halfway back to the first pylon.
3. Bounce pass the ball to the next student in line and runs to the back of the starting line so the next student can dribble the ball.
4. Rotate turns until time is up.

Option: Try a two-handed dribble.

Striking with Racquet

Equipment: badminton racquets, birdies, targets



1. Hold the racquet in your dominant hand.
2. Toss a birdie up and strike it with the racquet toward a target.
3. Repeat until time is up.

Dodging

Equipment: Pylons, left and right signs



1. Form a line behind the first pylon.
2. Run toward the first pylon, quickly stop with one foot planted, then run in the direction the sign is pointing.
3. Continue dodging pylons to the end of the row.
4. Run straight back to the starting pylon.
5. Rotate turns until time is up.

Option: run to the pylons completing a full circle around each pylon rather than changing direction.

Shooting

Equipment: Hockey sticks, net, targets in the net, soft puck or ball



1. Choose a hockey stick and puck and stand behind the line facing the target.
2. One at a time, shoot your puck at the net trying to hit the target.
3. Once everyone has shot their puck into the net, retrieve the pucks and shoot again.
4. Repeat until time is up.

Throwing

Equipment: various balls



1. Choose a ball and stand facing the wall.
2. Throw the ball overhand at the wall while stepping forward with the opposite foot.
3. Catch the ball with one hand after it bounces **once** on the floor.
4. Repeat until time is up.

Option: Toss the ball underhand and/or catch the ball with two hands.

Kicking

Equipment: Target, various balls



1. Choose a ball and stand behind the line.
2. One at a time, kick the ball at the target.
3. Once everyone has kicked their ball, retrieve the balls and get back into the line.
4. Continue until the time is up.

Option: Use a smaller ball and/or target.

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Tossing

Equipment: rings, tall pylons

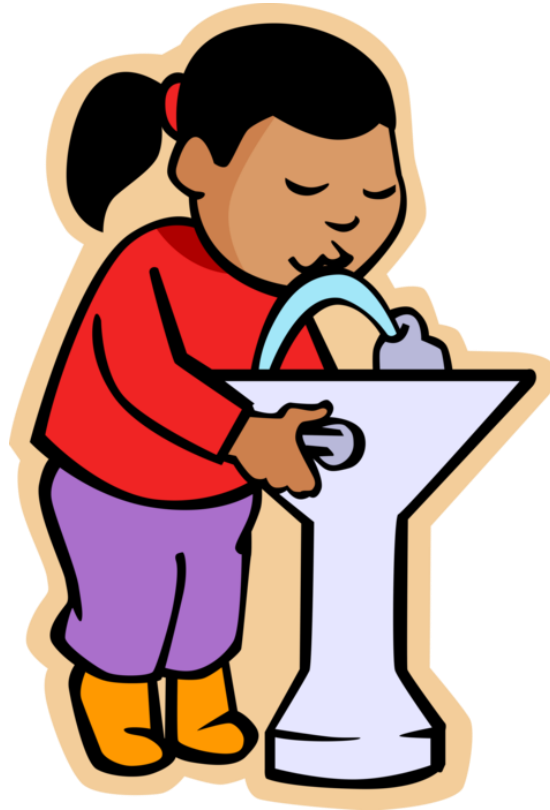


1. Choose a ring and stand behind the line facing a pylon.
2. Toss the ring and try to hook it on top of the pylon.
3. Retrieve your ring and go to the back of the line.
4. Continue until the time is up.

Option: Try tossing the ring from a closer or further distance.

Water Break

Equipment: water fountain or water bottle



1. Take a break.
2. Have a drink of water.
3. Or dance!