

FUN FITNESS CIRCUITS



March Circuit



March fitness stations are themed around St. Patrick's Day. Try to incorporate as much green-colored equipment as you can. Please refer to the schematic in the Fun Fitness Guidelines for ideas on how to structure the stations around a gymnasium.

Station 1: Leprechaun Lunge

Equipment: None

Students perform continuous walking lunges.

1. Students place their hands on their hips and straighten their backs. Then step their left foot forward into a lunge.
2. Remind students to not let their back knee hit the floor and not to let their front knee to go passed their toes.
3. Students then step their right foot forward into a lunge.
4. Repeat until time is up.

Station 2: Lucky Leap

Equipment: Skipping rope or tape laid on the floor to mark a jumping track

1. Place the skipping rope/tape on the floor to mark a jumping track that is at least five meters long.
2. Students line up, one behind one another, at the start of the jumping track.
3. One at a time, students must do three consecutive standing long jumps by standing straight with feet together, knees bent, swinging their arms up and propelling their body forward. Students should land on two feet and repeat the jump twice more to see how far they can jump in three jumps.
4. Ask students try to beat their previous distance on their next attempts.
5. Repeat until time is up.

Station 3: Hot Potato Pass

Equipment: One ball per pair of students, or for a whole group (tennis ball, soft ball, etc.)

1. Students pair up and stand about two meters apart.
2. They pretend that the ball is a hot potatoe and pass it back and forth to their partner in an underhand toss as quickly as possible, trying not to drop the ball.
3. If the ball is dropped, pairs run toward eachother to high five before resuming the passing.
4. Repeat until time is up.

Station 4: Golden Shuffle

Equipment: Containers, yellow bean bags (or similar small, yellow objects)

1. Place two containers three meters apart and put four “gold pieces” into the first container.
2. Students line up behind the first container with the gold pieces.
3. The first student in line will grab one piece of “gold” and quickly side shuffle to the second container to move the “gold”. Then they side shuffle back to the first container to get the next piece of “gold”.
4. Once all 4 “gold pieces” have been moved by the first student, they move to the back of the line. The next student in line will then side shuffle down to the second container to pick up a piece of “gold” and move it back to the first container.
5. Repeat until time is up.

Station 5: Rainbow Scooter Road

Equipment: Scooters, skipping ropes (different colors if possible)

1. Create a “rainbow road” by connecting skipping ropes together and placing them in two parallel lines. The road needs to be wide enough for a scooter to maneuver through.
2. Students get into pairs.
3. Partner A sits on the scooter while partner B uses their hands to gently push on partner A’s shoulders and guide them through the road.
4. At the end of the road, partner B carries the scooter back to the start line. Partner B will now push partner A down the road back to their original starting point.
5. Repeat until time is up.

Station 6: Tricky Toss-Up

Equipment: Bean bags

1. Students get into pairs.
2. Partner A tosses the bean bag up in the air and performs a trick (claps, touch right hand to left foot, complete a 180 turn, etc.), then catches tries to catch the bean bag. Regardless if partner A successfully catches the bean bag or not, partner B tries to duplicate partner A’s trick.
3. Once both partners have tried partner A’s trick, they switch. Partner B now chooses a trick and partner A copies.
4. Repeat until time is up.

Station 7: Four-Leaf Hopper

Equipment: Polyspots/pylons, number signs 1-4

1. Tape number signs one to four on polyspots or pylons and organize the polyspots on the floor in a compass shape - one is at north, two is at west, three is at east, and four is at south.
2. Place numbers about 0.5 meters apart.
3. One at a time, students will do a two-foot jump to each polyspot in numerical order.
4. Repeat until time is up.

Option: Try jumping on one leg.

Station 8: Pot o' Gold Throw

Equipment: Container, yellow bean bags (or similar small, yellow objects)

1. Set down the "pot o' gold" (container) and create a line that is about two meters away from it.
2. Students line up, one behind the other.
3. Each student has at least one "piece of gold" which they take turns trying to toss into the pot o' gold. Once everyone has tossed their gold, they retrieve their objects and try again.
4. Repeat until time is up.

Option: Change the location of the pot o' gold to make the activity harder or easier.

Station 9: Water Break

Equipment: Water fountain or water bottle

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

Leprechaun Lunge

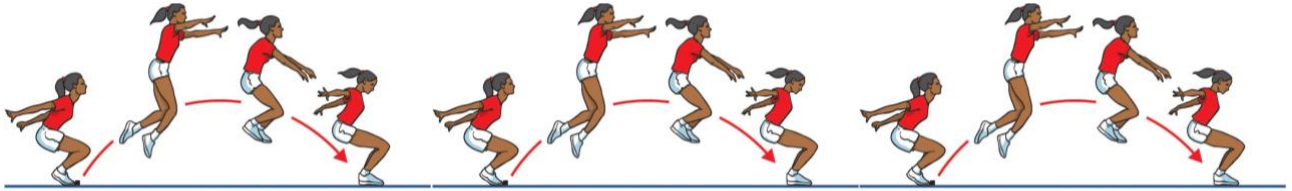
Equipment: None



1. Place your hands on your hips and keep your back straight.
2. Move forward into a lunge by stepping one foot forward and keeping one foot planted behind you. Both knees should be bent at 90 degrees.
3. Then slide your back foot up so that it is now in front and you are doing a walking lunge.
4. Repeat until time is up.

Lucky Leap

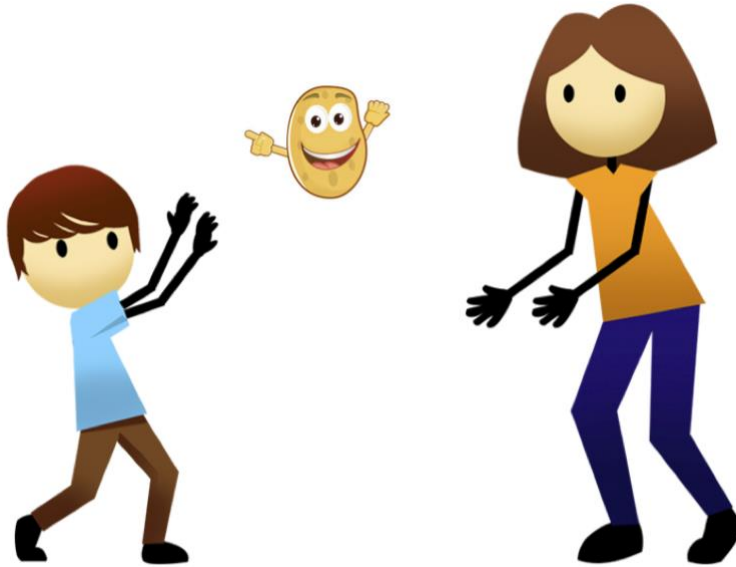
Equipment: Skipping rope/tape



1. Do a standing longjump by bending your knees, swinging your arms up and jumping forward as far as you can.
2. Land softly on two feet.
3. Jump two more times and see how far you can jump.
4. Remember how far you jumped and try to beat that distance on your next turn.
5. Repeat until time is up.

Hot Potato Pass

Equipment: 1 ball for passing



1. Find a partner to pass a ball with.
2. Stand two meters away from your partner and underhand pass the ball back and forth as quickly as possible without dropping it.
3. If the ball drops, run to your partner to high five before picking up the ball to keep passing.
4. Repeat until time is up.

Golden Shuffle

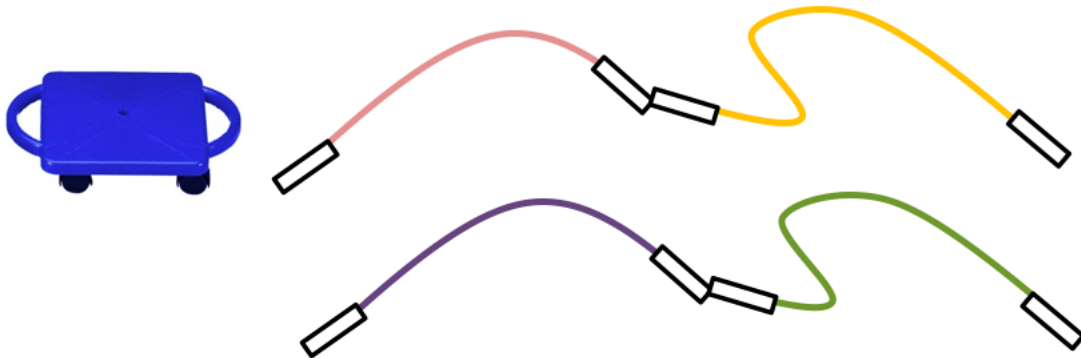
Equipment: 2 containers, golden/yellow objects



1. Stand behind the pot of gold that has gold pieces in it.
2. Do a side step or shuffle to move the gold pieces one at a time from one pot of gold to the other.
3. Once you've moved all four gold pieces, shuffle back to the end of the line.
4. Repeat until time is up.

Rainbow Scooter Road

Equipment: scooters, skipping ropes (different colors to create a rainbow)



1. Find a partner. Partner A sits on the scooter while partner B uses their hands to push gently on partner A's shoulders, guiding them down the road.
2. When you get to the end of the road, partner B carries the scooter back to the start.
3. Switch positions so that partner B sits on the scooter while partner A gently pushes them down the road.
4. Repeat until time is up.

Tricky Toss-Up

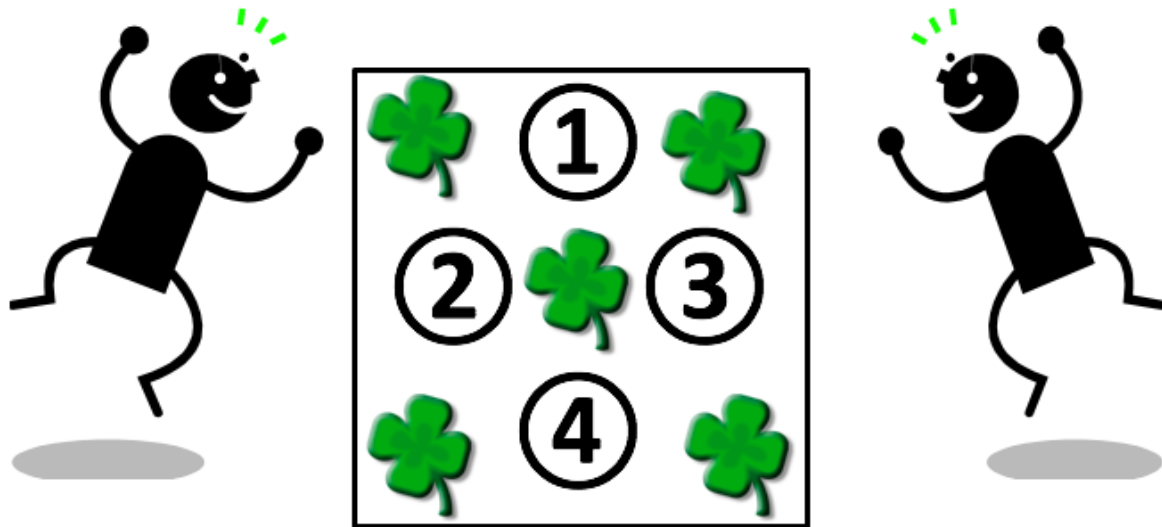
Equipment: bean bags



1. Find a partner.
2. Partner A tosses their bean bag up and performs a trick (clap, 180° turn, clicks heels together, etc.) and then tries to catch the bean bag.
3. Partner B then tries to do that same trick.
4. After both students try partner A's trick, partner B gets to choose a trick and partner A will copy it.
5. Repeat until time is up.

Four-Leaf Hopper

Equipment: Polyspots or pylons

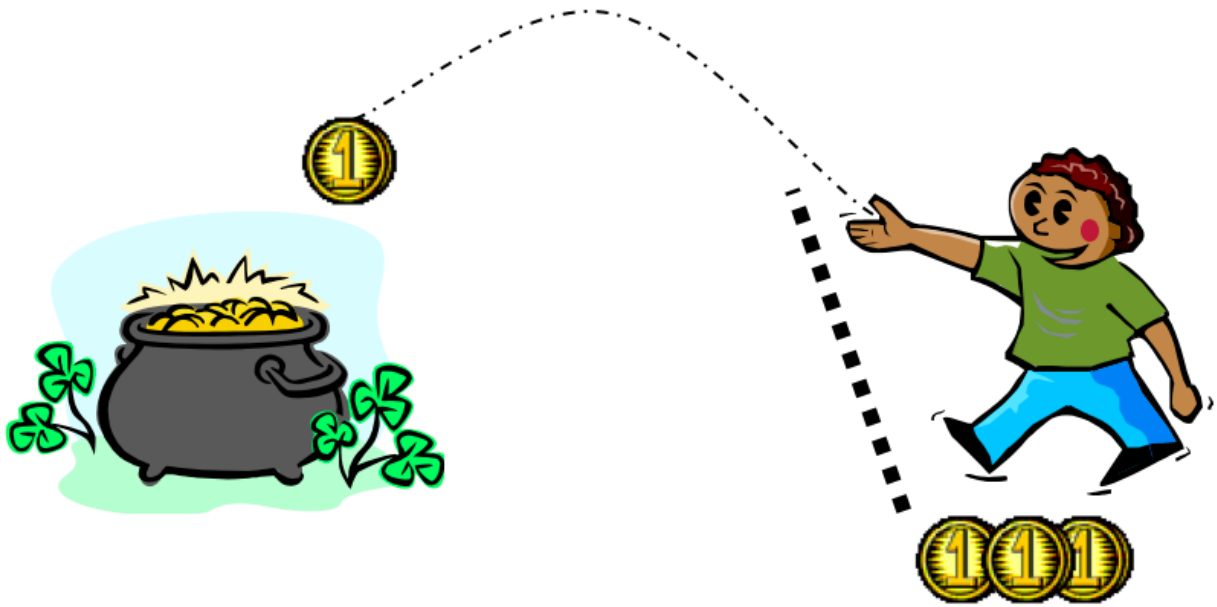


1. Two-foot jump to each polyspot following the proper numerical order (1, 2, 3, 4).
2. Repeat until time is up.

Option: Try jumping on one foot only.

Pot O' Gold Throw

Equipment: Container, gold/yellow objects for throwing



1. Stand behind the start line.
2. Take turns trying to toss your golden objects into the pot o'gold.
3. Repeat until time is up.

Water Break

Equipment: Water fountain or water bottle



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