

# FUN FITNESS CIRCUITS



## October Circuit



This circuit has a spooky Halloween theme. Encourage students to get their ghoul on and have some fun with this fitness circuit. Please refer to the schematic in the Fun Fitness Guidelines for ideas on how to create the stations around a gymnasium.

### Station 1: Haunted Hula Hooping

**Equipment:** Hula hoops

1. Students hula hoop to the music.
2. Ask students to count how many complete hula hoop rotations they can do consecutively. Encourage them to count out loud like Count Dracula.
3. Repeat until time is up.

### Station 2: Skeleton Tunnel

**Equipment:** 4 pylons, 2 hockey sticks or poles, 2 scooters

1. Place a hockey stick on top of two pylons. Place the pylon sets about two meters apart.
2. Ask students to line up behind a start line.
3. The first student in line lies on their stomach on a scooter and travels under the hockey sticks or poles without touching them.
4. When the student reaches the end, they speed walk the scooter back to the next student in line.
5. Repeat until time is up.

### Station 3: Scary Jacks

**Equipment:** None

1. Students stand up straight with their feet together and their hands by their sides.
2. They perform a modified jumping jack, or "scary jack", by extending their arms and legs out in the shape of a scary pose while making scary faces and noises.
3. The students return to their starting poses and repeat the jack, trying to do a different scary face, noise, and pose than before.
4. Repeat until time is up.

#### **Station 4: Witches Run**

**Equipment:** 5 pylons, 2 scooters

1. Arrange five pylons in the shape of a W.
2. Students line up in pairs with a scooter behind a starting pylon.
3. One student sits on the scooter with legs crossed. The other student pushes their partner on the scooter through pylons. Ensure students push safely with two hands and they slow down near the end pylon.
4. When pairs reach the end pylon, the “pusher” carries the scooter while both students walk back to the start line.
5. Students switch roles and go through the course again.
6. Repeat until time is up.

#### **Station 5: Graveyard Bench Hops**

**Equipment:** 2 benches

1. Students stand on one side of the bench. Ask the students to bend over so their hands are palms-down on top of the bench.
2. Keeping their hands on the bench, students must two-foot hop over the bench so that they are now standing on the other side of the bench. Once landed, students hop back over to the starter side.
3. Students should be aware of where others are jumping.
4. Repeat until time is up.

#### **Station 6: Soccer Ghoul**

**Equipment:** Hockey net, soccer balls, 2 cartoon skull print outs, 2 targets, pylon

1. Attach the skull pictures to targets and hang them from the top two corners of the hockey net.
2. Students stand behind a pylon facing the net which is about two meters away. Each student has a ball that they place on the ground in front of them.
3. The first student in line kicks the ball at the skull target using the inside of their dominant foot.
4. The student quickly retrieves their ball and goes to the back of the line and the next student in line kicks at the target.
5. Repeat until the time is up.

**Option:** Students with developing skills can try to score a goal rather than hit the target.

#### **Station 7: Eyeball Scoop**

**Equipment:** Scoops, wiffle balls

1. Students pair up and stand across from each other about two meters apart.
2. Both students have a scoop and one student has an “eyeball” (wiffle ball), in their scoop.
3. One student passes the “eyeball” with their scoop to their partner who tries to catch it with their scoop. If the students successfully catch the “eyeball”, they each take one step back.

4. If a student drops the ball, both partners remain where they are standing until they have a successful catch.
5. Repeat until time is up.

### **Station 8: Green Eye Toss**

**Equipment:** 10 green tennis balls (eyeballs), 2 buckets (cauldrons), 2 hula hoops

1. Set up two hula hoops beside each other with five tennis balls in each one. Place an empty container about three meters across from each hula hoop.
2. Students form two lines, one line behind each hula hoop.
3. Each student at the front of their line tosses all tennis balls, one at a time, into the cauldron across from their hula hoop.
4. Once they've thrown their tennis balls, they retrieve them, and place them back into the hula hoop and go to the back of the line.
5. The next student in each line then takes a turn to throw the tennis balls into the cauldron.
6. Repeat until time is up.

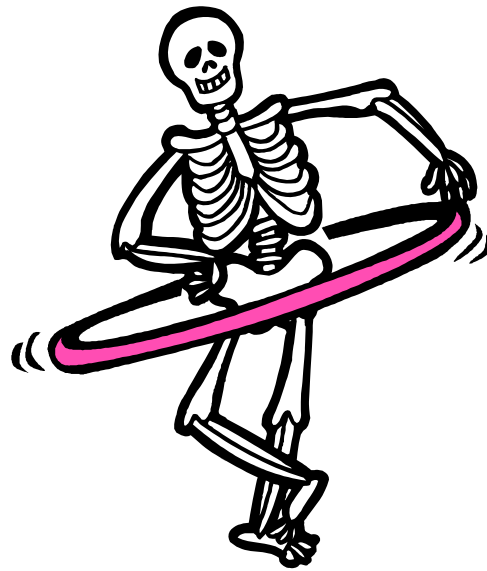
### **Station 9: Water Break**

**Equipment:** Water fountain or water bottle

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

# Haunted Hula Hooping

*Equipment: Hula hoops*

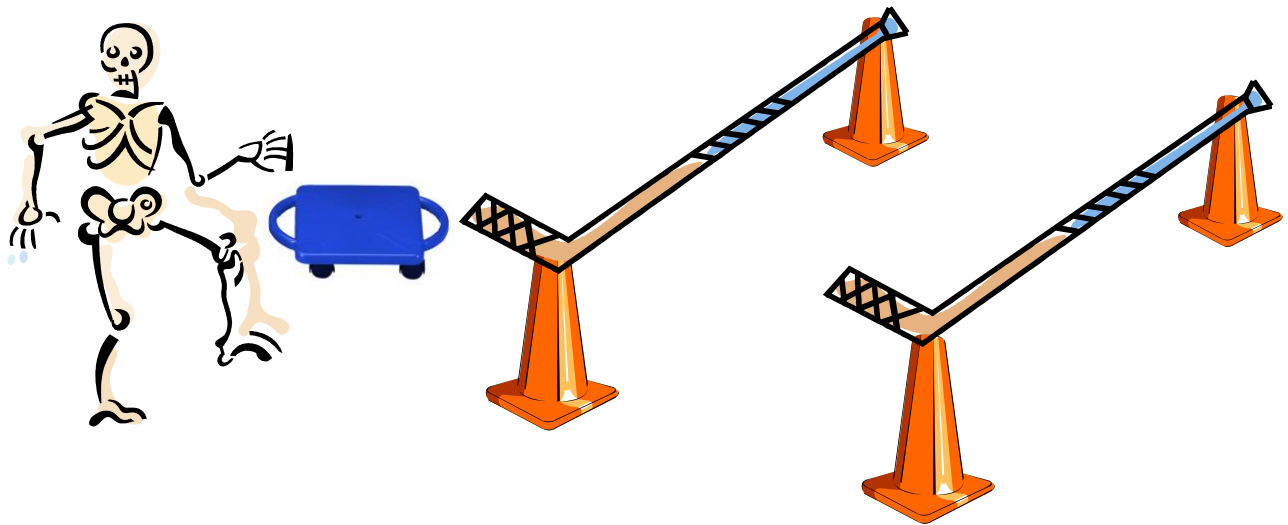


1. Do your best hula hooping!
2. Use your best Count Dracula voice to count how many hula hoop rotations you can do.

**Options:** Try to skip with the hula hoop, use your arms or legs to hula.

# Skeleton Tunnel

*Equipment: pylons, hockey sticks, scooters*



1. Lay on your stomach on the scooter.
2. Travel under the sticks without touching them.
3. When finished, pick up your scooter and walk to the beginning of the course.
4. Pass the scooter to the next student.
5. Repeat until time is up.

# Scary Jacks

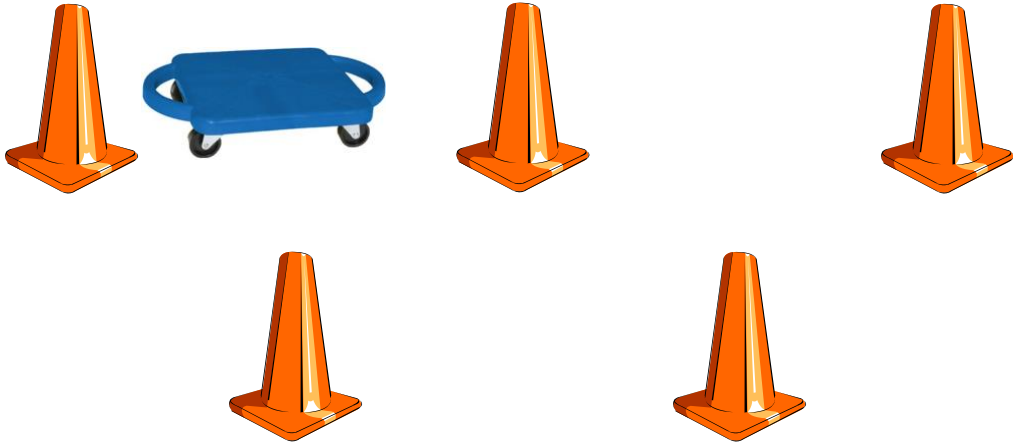
*Equipment: none*



1. Stand up straight, feet together, and hands by your sides.
2. Make a “scary jack” by doing a normal jumping jack except you make a scary pose in the air.
3. Make scary faces and noises to make your jumping jacks extra scary.
4. How many different scary jacks can you make?

# Witches Run

*Equipment: none*



1. Work in partners.
2. One partner sits with crossed legs on the scooter.
3. The other partner pushes the student on the scooter around the pylons and back (two hands on back, not too fast)
4. Switch places and repeat.
5. If waiting in line, don't forget to stay active!

# Graveyard Bench

## Hops

*Equipment: Benches*

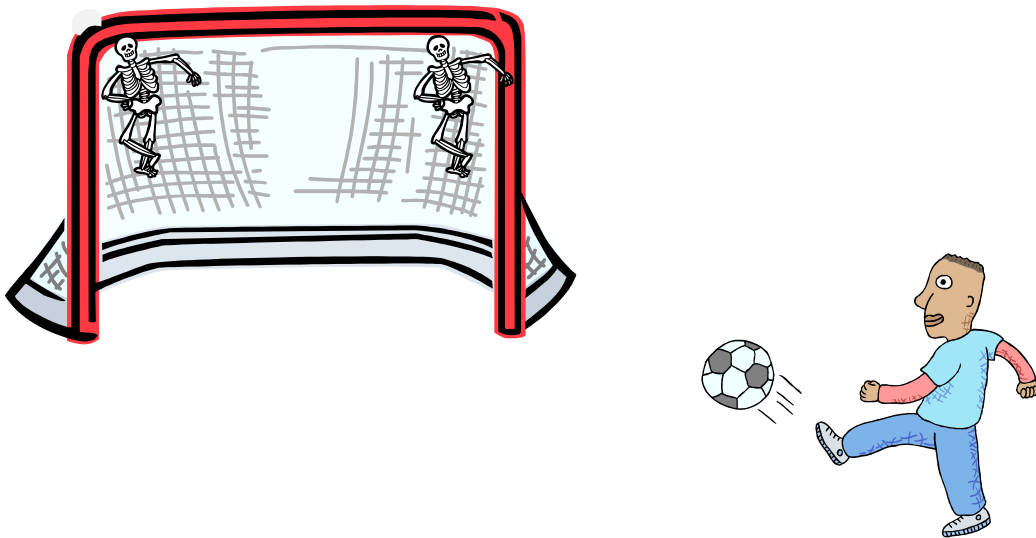


1. Stand on one side of the bench with your feet together.
2. Bend over and place both hands on bench.
3. Keeping your feet together, hop over the bench to the other side. Continue to hop over the bench as many times as you can.
4. Repeat until time is up.



# Soccer Ghoul

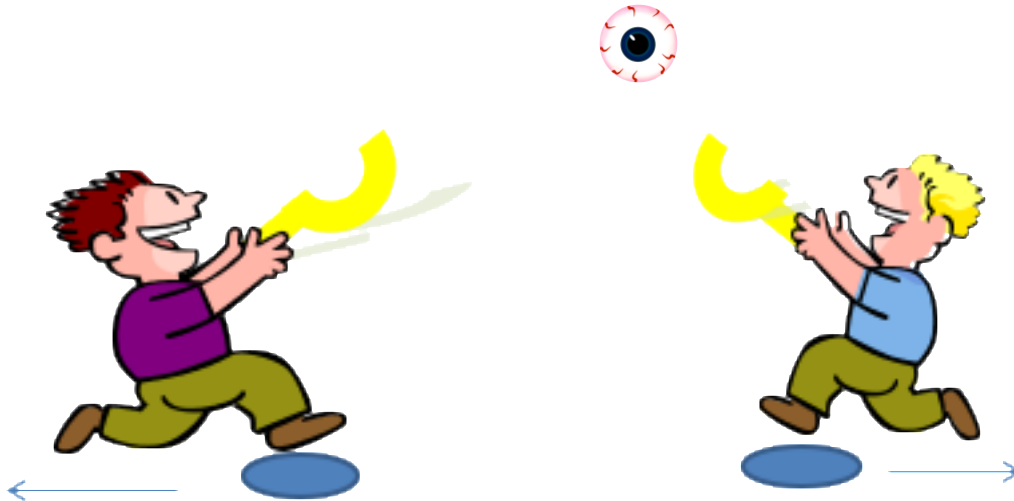
*Equipment: hockey net, soccer balls, skeleton cutouts, targets*



1. Stand behind a pylon and face the net.
2. Kick the soccer ball using the inside of your foot.
3. Try to score a goal or hit the skeleton targets.
4. Retrieve the ball and move to the back of the line.
5. Repeat until time is up.

# Eyeball Scoop

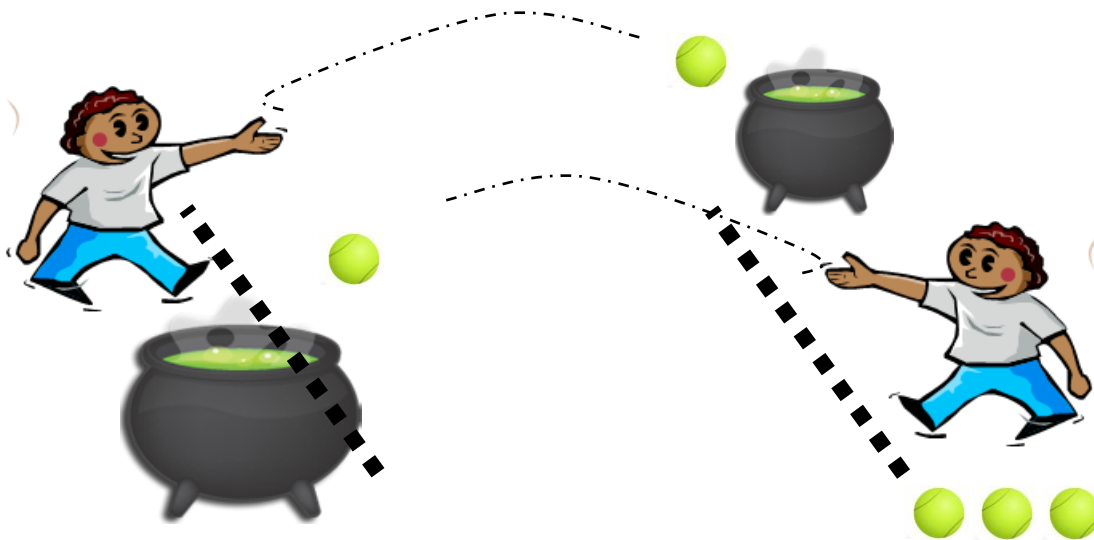
*Equipment: Scoops, wiffle balls, polypots*



1. Find a partner and stand facing each other.
2. Using the scoops, toss the “eyeball” back and forth, trying not to drop it.
3. After each catch, take one step back from each other.
4. If the “eyeball” drops, stay in the same spot until you and your partner successfully catch the “eyeball”.

# Green Eye Toss

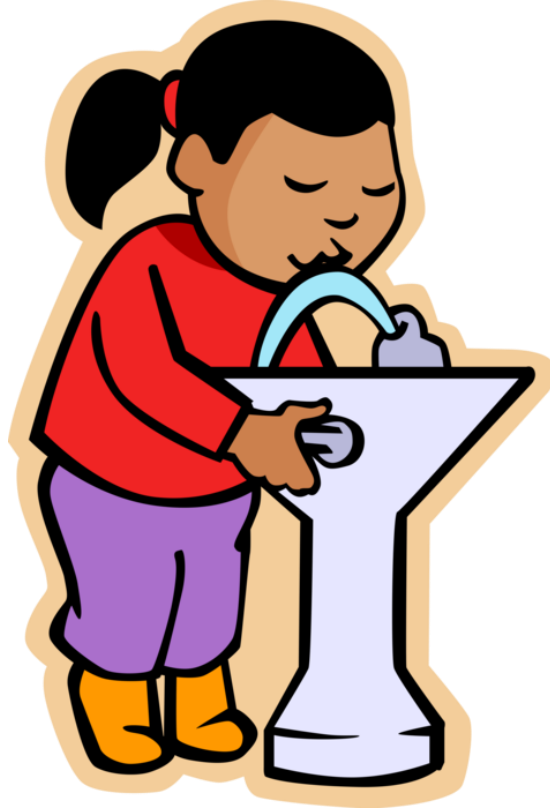
*Equipment: Tennis balls, cauldrons/buckets, polyspots*



1. Form a line behind each hula hoop.
2. The first student in each line tosses the “green eyes” one at a time into the cauldron.
3. After all the “green eyes” get tossed, pick them up and put them back into the hula hoop so the next student in line can have a turn.
4. Go to the back of the line and wait for your turn again.
5. Repeat until time us up.

# Water Break

*Equipment: Water fountain or water bottle*



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