

# FUN FITNESS CIRCUITS



## April Circuit

Have some fun with this Spring egg-themed circuit! Please refer to the schematic in the Fun Fitness Guidelines document for ideas on how to structure the stations around a gymnasium.

### Station 1: Egg Jump

**Equipment:** None

Students will do tuck jumps.

1. Students should stand with both feet on the ground; feet shoulder-width apart.
2. They then jump up explosively and tuck their knees towards their chest.
3. If they can get their knees high enough they can try to hug their knees briefly.
4. Students should land as quietly as possible by bending knees when landing to move into a squat position to help absorb the impact.
5. Repeat until time is up.

### Station 2: Egg Scrambler

**Equipment:** Floor mats

1. Students lie on their backs with their knees bent to 90 degrees, their feet off the floor, and arms beside their body.
2. They will pretend that they are scrambling eggs with their legs.
3. Students move their legs back and forth and in cyclical motion (as if they are riding a bicycle) as fast as they can.
4. Repeat until time is up.

### Station 3: Egg in a Cup

**Equipment:** Balls (or plastic eggs), cups or scoops, pylons

1. Set two pylons about three meters apart.
2. Students line up at the first pylon with an egg in a cup.
3. They must walk to the second pylon while tossing the egg up in the air and catching it in their cup without dropping it.
4. Repeat until time is up.

**Option:** Students can practice stationary on the line before trying to walk and toss; use their non-dominant hand; skip to the pylon

#### **Station 4: Egg Run**

**Equipment:** 20 plastic eggs, 20 slips of paper with physical activities written on them (i.e., 5 jumping jacks, 3 shrugs, give everyone a high five, etc.), hula hoops

1. Put one activity slip inside of each plastic egg. Place the eggs in a hula hoop about five meters from a start line.
2. Have students line up behind one another at the start line. The first student runs to the hula hoop grabs one egg and then runs back to the start line.
3. The student opens the egg to read the activity out loud.
4. The whole group does the activity together.
5. The next student in line runs to the hula hoop to grab an egg.
6. Repeat until time is up.

#### **Station 5: Egg Throw**

**Equipment:** Balls (or plastic eggs), baskets/hula hoops/containers, cards with point values (1,2,3, etc.)

1. Set up baskets/containers/hoops at different distances from the start line.
2. Number each basket with a point value – closest basket has the lowest value and furthest basket has the highest.
3. Students line up in single file.
4. The first student is given 3 eggs and attempts to toss each one into one of the baskets.
5. The student then retrieves the eggs, counts their points, and returns to the end of the line and the next student in line takes a turn.
6. Encourage students try and beat their last score on their next turn.
7. Repeat until time is up.

#### **Station 6: Rolling Eggs**

**Equipment:** Floor mats

1. Attach floor mats together to create a lengthwise row on the floor.
2. Students line up at one end of the mats.
3. The first student in line does a front roll by crouching down low to the ground with wide feet. Have the student place their hands on the ground on either side of their feet, tuck their head between their knees to curl into a ball, and roll onto their shoulders.
4. The student front rolls to the end of the mats. When they get to the end of the mats they stand up and walk to the end of the line and the next student in line will roll.
5. Students repeat until time is up.

**Option:** Students can do log rolls if they are not comfortable with front rolls

### **Station 7: Egg Balance**

**Equipment:** Spoons, balls (or plastic eggs), pylon

1. Set a pylon about 5 meters away from a starting line.
2. Students line up single file at the start line. The first student is given a spoon and an egg to balance on a spoon.
3. The student walks to the pylon as quickly as they can while balancing the egg on the spoon.
4. When the student returns to the start line, they give the spoon and egg to the next student in line and walk to the end of the line.
5. While the students in line are waiting for their turn, ask them to do jumping jacks to keep their heart rate up.
6. Repeat until time is up.

**Options:** Students can walk, run, skip, or hop to the pylon

### **Station 8: Egg Toss**

**Equipment:** balls (or plastic eggs)

1. Ask students to line up in pairs opposite one another, about 2 meters apart
2. Give one egg to each pair of students.
3. Students toss the egg back and forth, trying not to drop it.
4. After each successful catch the students take one step back from each other creating a greater challenge.
5. If students drop the egg they remain the same distance apart until they successfully catch it.
6. Repeat until time is up.

**Options:** Students can try throwing with their non-dominant hand or catching with one hand instead of two; students can start closer together or further apart

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

**Equipment:** Water fountain or water bottle

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

# Egg Jump

Equipment: None



- 1) Start with both feet on the ground.
- 2) Jump up and bring your knees to your chest.
- 3) If you can get your knees high enough, try to hug your knees with your arms.
- 4) Remember to land softly with bent knees.
- 5) Repeat until time is up.

# Egg Scrambler

Equipment: Floor mats



- 1) Lay on your back with knees bent to 90 degrees and feet off the floor.
- 2) Keep your arms on the mat beside your body.
- 3) Move your legs as fast as you can, as if you are scrambling eggs.
- 4) Repeat until time is up.

# Egg in a Cup

Equipment: Balls or plastic eggs, cups or scoops, pylons

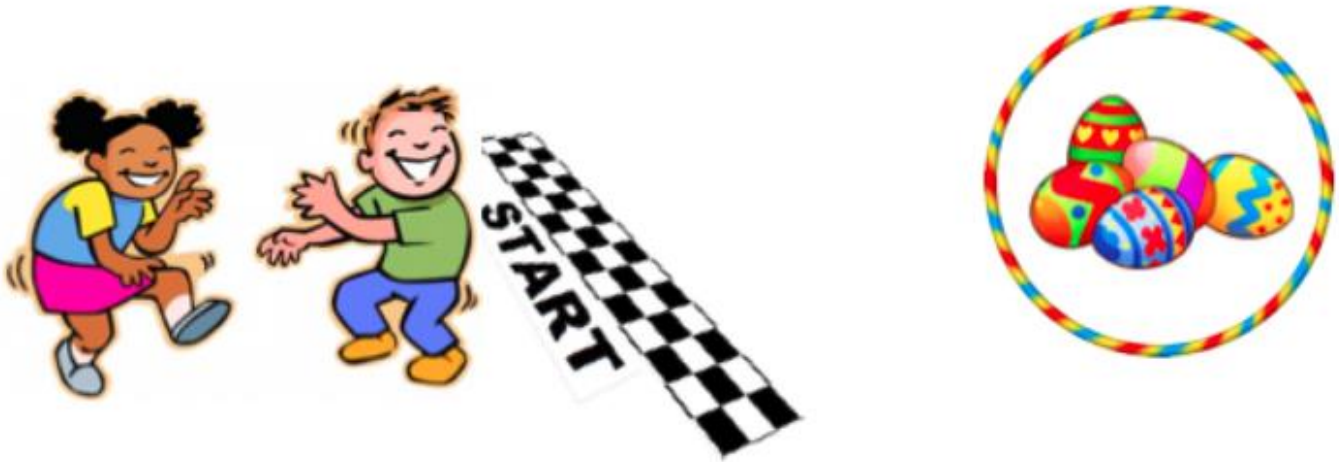


- 1) Place an egg in a cup.
- 2) Toss the egg up in the air and try to catch it in your cup.
- 3) You can toss and catch the egg while you're standing still or while you're walking to the pylon.
- 4) Repeat until time is up.

**Option:** *use your non-dominant hand or skip to the pylon*

# Egg Run

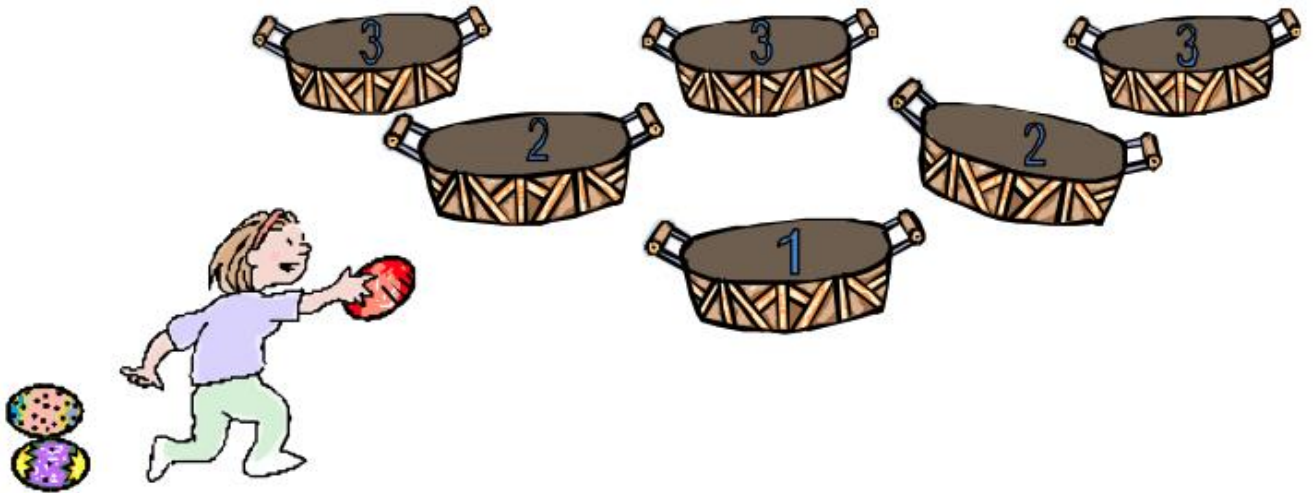
Equipment: Plastic eggs (containing papers with activities written down), hula hoops



- 1) One at a time, run across the gym to the hoop filled with eggs.
- 2) Pick up an egg and run back to the group.
- 3) Open the egg and read the activity out loud to the group.
- 4) Do the activity as a whole group.
- 5) Give the egg to the next student in line so they can return it to the hula hoop and pick up a new egg activity.
- 6) Repeat until time is up.
- 7) Repeat until time is up.

# Egg Throw

Equipment: Plastic eggs, baskets/hula hoops/ containers, cards with point values (1, 2, 3, etc.)



- 1) Line up single file.
- 2) Take 3 eggs and try to toss them into the target containers one by one.
- 3) Pick up your eggs and count your points.
- 4) Return to the end of the line (keep active in line by running on the spot).
- 5) Repeat until time is up, and try to beat your score each turn!



# Egg Rollers

Equipment: Floor mats

Egg Roll



Log Roll



- 1) Line up at one end of the mat.
- 2) One at a time crouch down low to the mat and do a forward egg roll.
- 3) Keep rolling until you get to the end of the mats.
- 4) Stand up and walk back to the end of the line.
- 5) Repeat until time is up.

**Option:** *Try log rolls instead of front rolls*

# Egg Balance

Equipment: Spoons, balls or plastic eggs, pylon



- 1) Place a plastic egg on a spoon.
- 2) Walk to the cone and back while balancing the egg on the spoon.
- 3) When you return to the line, give the spoon and egg to the next student.
- 4) While you are waiting for your turn, do some jumping jacks to keep your heart rate up!

**Options:** *Walk, run, skip or hop*

# Egg Toss

Equipment: balls or plastic eggs



- 1) Find a partner and stand facing each other.
- 2) Toss an egg back and forth, trying not to drop it.
- 3) After each catch, take one step back from each other.
- 4) If the egg drops, stay in the same spot until you and your partner successfully catch the egg.

**Option:** *try throwing with your non-dominant hand or catching with one hand instead of two.*

# Water Break

Equipment: water fountain or water bottle



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