Circuit Relay

Playing Area: 40 x 25m
Equipment: 4 Cones/witches hats per group of 3
Time: 10-12 minutes

Instructions
• Divide the class into groups of 3 in lines behind starting cones.
• The 1st student runs to the 1st cone - performs 3-5 modified push-ups; runs to the 2nd cone - performs 5 star jumps; runs to the 3rd cone - skips 10 times; runs around the 4th cone and back to their team.
• When each student reaches the 4th marker their next team member begins their circuit.
• Continue until the time allocation is up.

Note: Teacher to demonstrate each movement and emphasise that they should be performed correctly.
(modified push-ups performed from knees is recommended)

Variation
• Change the movement at each cone for each circuit.
• The second time around students run to a cone perform the movement and run back to the start before running to the next cone, etc.