Prospect North PS

Circuit

An eat well be active - Primary Schools project school

At Prospect North Primary School Amber Heaft has developed a circuit based on action based learning and Fundamental Movement Skills.

Watch the teacher and students as they
- Start with a warm up game
- Watch a demonstration of each station
- Proceed through each station of the circuit

http://youtu.be/oKPuk-9TEjE

For more information contact Amber Heaft at
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Video Playlist
http://www.youtube.com/playlist?list=PLCp3_brrD7xoWktOg-uK6dCLuZTRpHK2Z

eat well be active - Primary Schools Project, a joint SA Health and Department for Education and Child Development project from 2008-2013.
Warm Up Game

**Medusa**

- Stand at the opposite end of the hall or playground (or ask a child to do so) and play the role of Medusa.
- Ask the children to walk towards the person playing Medusa, whose back is turned.
- Medusa calls out ‘1-2-3 Medusa!’ turns around and looks at all the children, who should immediately freeze in a balance on one foot.
- If the children wobble or are still moving when Medusa looks at them, they should return to the start and try the same activity again.
- If a child manages to touch Medusa on the back before Medusa can turn around and make them freeze, a child becomes the new Medusa.

**Catering for individual differences**

**Task Demands** Repeat this activity using different locomotion activities and circuit focus e.g. creeping, crawling, jumping.

**Rules** When children wobble, direct them to practice balancing on their tiptoes (with two feet) for 3 seconds instead of returning to the start.

**Players** break up into smaller groups of five working in a smaller space. Children love being Medusa so there will be fewer disagreements.

**Equipment** Repeat this activity with children walking with beanbags on their heads and trying to balance on one leg with a beanbag as well.

**Number of players** Any group size

**Resources**
- Playground or hall
- Beanbags (optional)
Circuit #1: Building the Framework

Circuit Focus: Crawling, Creeping, balance, jumping, landing

Students work in teams of four at each station. Complete the activity at each station.

- Large hurdles, crawling under/stepping over
- Block Jump with motor bike landing then army crawl (bilateral crawl) along gym mats through an open obstacle
- Scooter boards Bilateral crawling
- Tunnel Crawl/Creeping
- Small hurdles, jumping over with one foot and two feet
- Jumping with one foot and two feet
- Circuit Focus: Crawling, Creeping, balance, jumping, landing