

# **Parachute Games A**

- 1- Mushroom**
- 2- Mushroom Swap**
- 3- Mexican Wave**
- 4- Popcorn**
- 5- Cat and Mouse**
- 6- Hotdog, Mustard and Ketchup**
- 7- Pancake Toss**
- 8- Sharks**
- 9- I Can See**
- 10- The Fan**
- 11- Ocean Winds**
- 12- Chute Ball**
- 13- Treasure Hunt**
- 14- Make Waves**
- 15- One Hand Run**
- 16- Rubbish Relay**
- 17- Snake Bite**
- 18- Slalom**
- 19- Running Number Game**
- 20- See-Saw Pull**

All of the exercises in this pack are intended to be used by participants under the close supervision of a qualified fitness instructor. It is very important that the instructor screens all participants for safety and suitability of these exercises, choosing appropriate adaptations, alternatives or even deferring participants if deemed necessary. Basic exercise technique has been outlined on these circuit cards; it is important that the instructor teaches and monitors correct posture and joint alignment during performance of them to ensure their safety and effectiveness.

# Popcorn

Parachute  
Games A

4



## Action:

- All children stand or sit around the parachute pulling it taut
- Place as many foam balls or beanbags onto the parachute as possible
- When you say "GO", they shake the parachute as fast and hard as they can to shake off the 'popcorn'

## Variation 1:

- Divide the class into two teams (at opposite ends of the parachute)
- One team is trying to shake the 'popcorn' off the parachute, while the other team is trying to keep it on

## Variation 2:

- Two children go under the parachute and attempt to push all the 'popcorn' off the parachute, while the children around the edge try to keep the 'popcorn' on the parachute

## Variation 3:

- Two children ('helpers') stand away from the parachute. The children holding the parachute try to toss the 'popcorn' off, while the 'helpers' run around the parachute picking up the 'popcorn' and throwing it back on

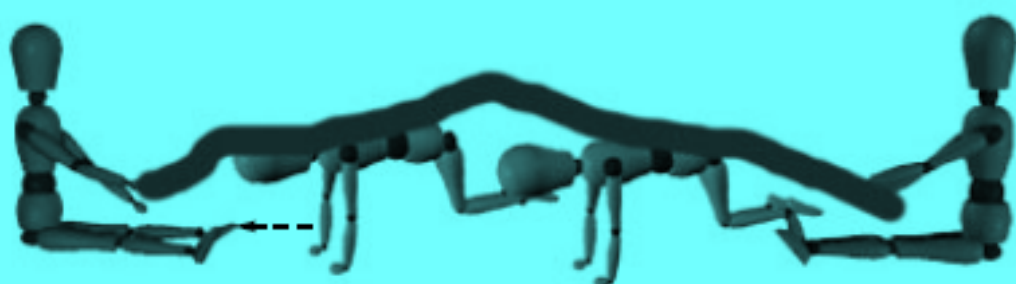
## Equipment:

- Parachute
- Foam balls or beanbags

# Sharks

Parachute  
Games A

8



## Action:

- All children sit around the parachute with their legs straight and underneath the parachute
- Choose two children to be 'sharks' - they go underneath the parachute
- All children make waves (without peaking under the parachute)
- The sharks pull two children under the parachute and swap places with them

## Equipment:

- Parachute

# **Session Activities A**

- 1- Traffic Lights**
- 2- North, South, East, West**
- 3- Hockey Cokey Aerobics**
- 4- Human Knot**
- 5- Stuck in the Mud**
- 6- Chain Tag**
- 7- Skittle Tag**
- 8- Three Little Piggies**
- 9- Everyone's 'IT'**
- 10- 3 vs 1**
- 11- Card Aerobics**
- 12- Bean Bag Healthy Heart**
- 13- Nutrition Runs**
- 14- Hop Scotch**
- 15- Tail Chase Fitness Circuit**
- 16- Jumping Patterns Circuit**
- 17- Out and Back Relays**
- 18- Hopper Relay Race**
- 19- Bean Bag Shuttle**
- 20- Over and Under Relay**

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# Stuck in the Mud

Activities  
& Games A

5



## Action:

- Select one or two 'taggers'
- The taggers have to tag other children
- Once caught, the child stands still with arms up at the sides
- They can be freed by another child running under their outstretched arm

## Type:

Tag Game

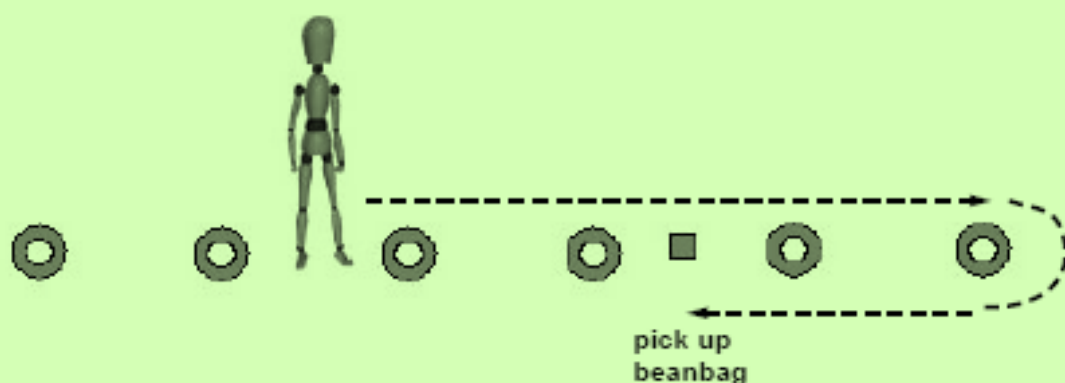
## Equipment:

- None

# Hop Scotch

Activities  
& Games A

14



## Action:

- Place the quoits/cones in a straight line
- Throw a beanbag down the line
- Hopscotch to the end of the line, turn and hopscotch back, stopping to pick up the beanbag (while standing on one leg)

## Type:

Travelling game

## Equipment:

- Quoits/cones
- Bean bags

# **Session Activities B**

- 1- Alphabet Positions**
- 2- Funny Walks**
- 3- Bean Warm Up**
- 4- Mountains and Valleys**
- 5- Captain's Coming**
- 6- Gears Warm Up**
- 7- Hot Rice**
- 8- Gear Tag**
- 9- Dodge Ball**
- 10- Fire and Ice**
- 11- Peg Tag**
- 12- Tag Ball**
- 13- Stepping Stones**
- 14- Sharks and Fishes**
- 15- Crazy Colours**
- 16- Coloured Hoops**
- 17- Dragon's Lair**
- 18- Gear Change**
- 19- Animal Circuit**
- 20- Circle Relay**

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# Bean Warm Up

Session  
Activities B

3



BROAD BEAN!

## Action:

- Children perform a mode of travelling of your choice
- When you call out one of the following bean names, they perform the associated actions
- Runner bean - they run around the playing area, changing directions at random (watch out for the walls, equipment and other children)
- Jumping bean - they jump up and down
- Jelly bean - they wobble, and shake their body
- Broad bean - they stretch up as high as they can
- Baked bean - they curl up into a ball on the floor as tightly as possible

## Type:

Travelling

## Equipment:

- None



# Peg Tag

Session  
Activities B

11



## Action:

- Give each child five pegs which they attach to the back of their shirt in accessible and appropriate places
- Once the game begins, each child tries to grab the pegs off the other children's clothing (they can only grab one peg off one child at any one time)
- When a child grabs a peg, they attach it to their own clothing and carry on

## Type:

Tag Game

## Equipment:

- Pegs

# **Session Activities C**

- 1- Tail Chase**
- 2- Ball Tag Bulldog**
- 3- Ball Throw Tag**
- 4- Colour Hoops**
- 5- Hula Jump**
- 6- Keep the Basket Full**
- 7- Team Hoop Fitness Circuit**
- 8- Wheel Relay**
- 9- Animal Relay**
- 10- Wandering Ball**
- 11- Ball Race**
- 12- Washing Machine**
- 13- Fruit Salad**
- 14- Duck Duck Goose**
- 15- Beat the Ball**
- 16- Simon Says**
- 17- Mat Mania**
- 18- Runaway Train**
- 19- Cross Overs**
- 20- Tunnel Ball Relay**

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# Hula Jump

Session  
Activities C

5



## Action:

- The group splits into teams of three
- Each child grabs a hula-hoop and spreads around the playing area in the groups
- Number the children '1' to '4' and place the hoops onto the floor next to each other
- Each team work independently from the rest of the group
- Number 1 chooses a jumping/leaping/bounding/hopping movement into any of the hoops - the rest of the group then copy
- Number 2 then performs what they have just done and adds one of their own into any of the hoops (so there are now 2 movements) - the rest of the group copy
- Number 3 then repeats what they have just done and adds one of their own into any of the hoops (so there are now 3 movements) - the rest of the group copy
- Repeat

## Variations:

- Rearrange the hoops differently after a few goes
- Give more hula-hoops to each group
- Allow different movements, such as spins, whilst jumping

## Type:

Travelling

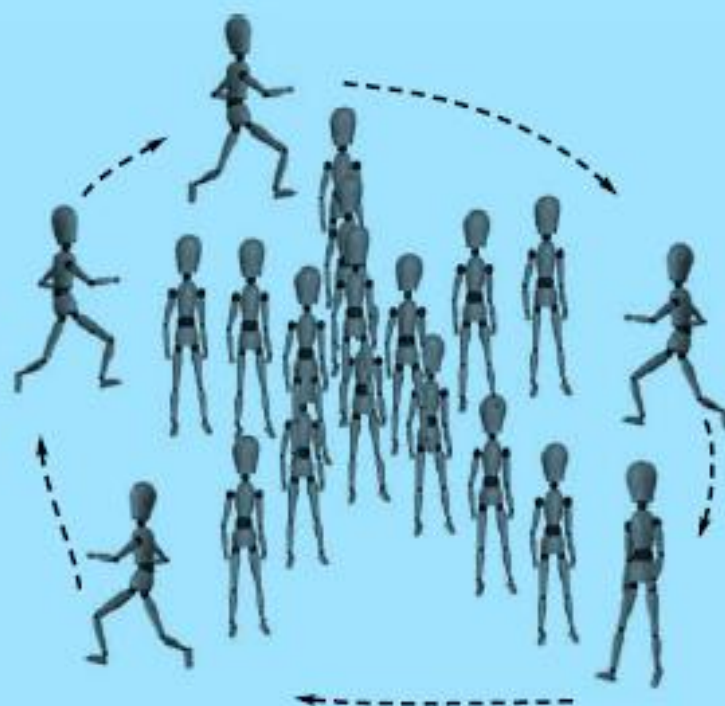
## Equipment:

- Enough hula-hoops for one per person

# Wheel Relay

Session  
Activities C

8



## Action:

- Mark out a large circle with cones
- Divide the group into several teams
- Each team stands in a line meeting in the centre so they are in effect forming a wheel with each line forming a spoke
- The child on the outside runs clockwise around the wheel, while the rest of the team move outwards one space
- When the child gets back to their team, they move to the back of their line, while the next child on the outside runs around the circle

Type:  
Relay

Equipment:  
• Cones

# **Potted Sports A**

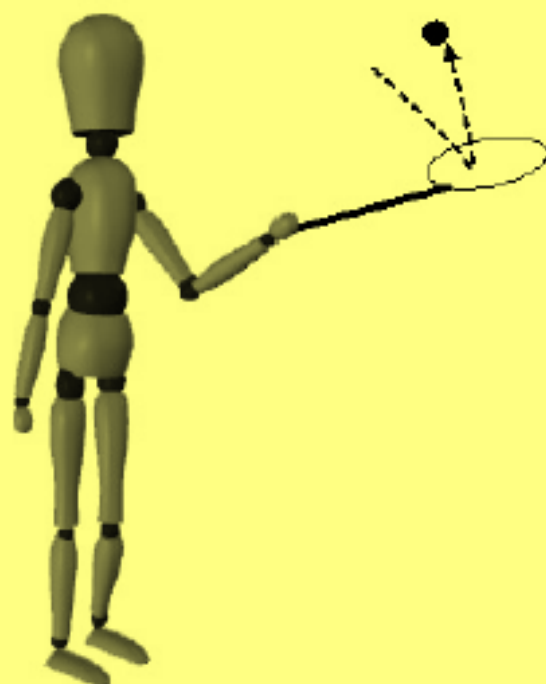
- 1- Partner Throw**
- 2- Roll Around**
- 3- Wall Ball**
- 4- Target Throw**
- 5- Hula Bounce Pass**
- 6- Bounce and Sit**
- 7- Beanbag Buckets**
- 8- Partner Batting**
- 9- Keep the Ball Up**
- 10- Ball Squash**
- 11- Rugby Line Pass**
- 12- Hit the Target**
- 13- Over the Net**
- 14- Shoot to Score**
- 15- Shuttlecock Challenge**
- 16- Slalom**
- 17- Through the Cones**
- 18- Piggy in the Middle**
- 19- Obstacle Dribble**
- 20- Partner Tackle**

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# Keep the Ball Up

Potted  
Sports A

9



## Action:

- Give each child a racquet and ball (or shuttlecock) and space them around the playing area
- Each child attempts to keep the ball up by repeatedly hitting it with the racquet

**Purpose:**  
Batting

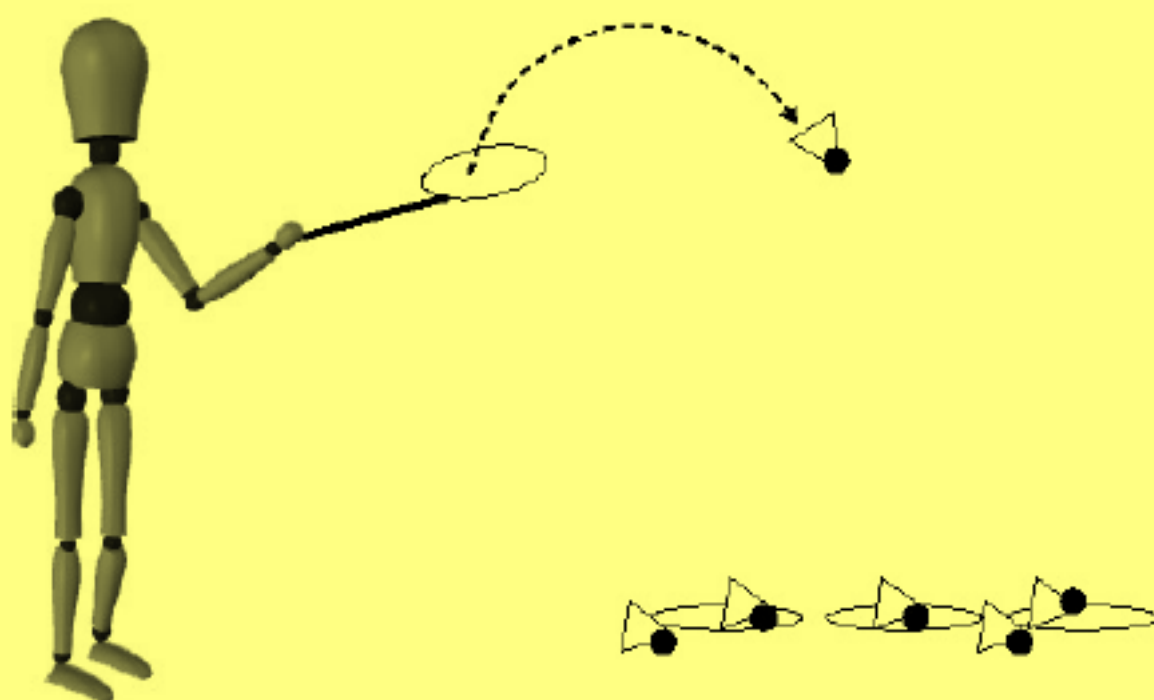
## Equipment:

- Racquets
- Balls/  
shuttlecocks

# Shuttlecock Challenge

Potted  
Sports A

15



## Action:

- Give each child a racquet and shuttlecock (or ball) and space them around the playing area
- Line up three hula hoops a few metres in front of each child
- Each child attempts to hit the shuttlecock into one of the hoops, scoring 1 point if it lands in the nearest hoop, 3 points in the middle hoop, and 5 points if it lands in the farthest hoop

## Purpose:

Batting  
Target

## Equipment:

- Shuttlecocks
- Racquet
- Hula hoops



# **Mini Games A**

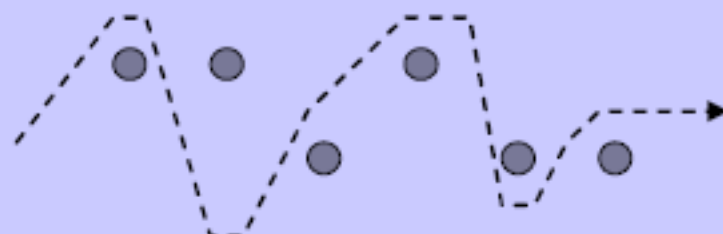
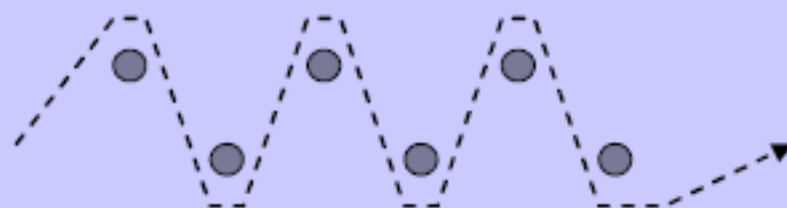
- 1- Ball Pass**
- 2- Square Drills**
- 3- Tackle Tag**
- 4- Slaloms**
- 5- Cone Ball**
- 6- Zig Zag Pass**
- 7- Kick 'n' Follow**
- 8- Throw 'n' Follow**
- 9- Moving Circle Pass**
- 10- Target Tennis**
- 11- Line Batting**
- 12- Six a Side**
- 13- Skittle Ball**
- 14- Sideline Ball**
- 15- Balls in the Hoop**
- 16- Noughts and Crosses**
- 17- Hit the Ball**
- 18- Around the World**
- 19- Gate Rounders**
- 20- Volleyball**

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# Slaloms

Mini Games  
A

4



Cones at random



Different spacing  
between cones

## Action:

- Divide the group into equal teams and give each team a ball
- Place a line of evenly spaced cones in front of each team
- The first child in each team dribbles the ball around the cones

## Variations:

- Vary the size and shape of the ball
- The child can stand closer to or farther from the wall to make easier or harder
- Possible cone formations above

## Purpose:

- Ball dribbling skills

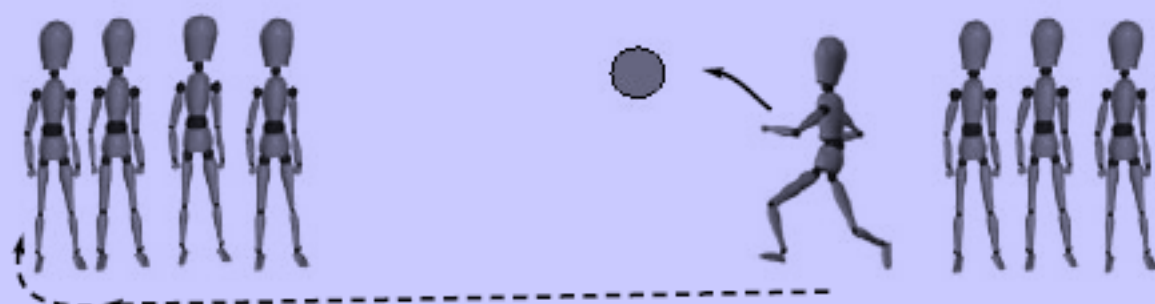
## Equipment:

- Balls
- Cones

# Throw 'n' Follow

Mini Games  
A

8



## Action:

- Divide the group into teams of four, giving each a ball
- Line half the team on one side of their playing area, facing the other half
- The child with the ball throws it to their team-mate facing them, and immediately runs to the back of the opposite line
- Their team-mate receives the pass, and throws it to the child facing them, immediately running to stand behind them

## Purpose:

Throwing and  
catching skills

## Equipment:

- Balls

# **Children's Exercises**

- 1- Box Push Ups**
- 2- Sit Up**
- 3- Floor Dips**
- 4- Jumping Jacks**
- 5- Back Raises**
- 6- Skipping**
- 7- Squats**
- 8- Lizards**
- 9- Doggy Kicks**
- 10- Leg Curls**
- 11- Calf Raises**
- 12- Shuttle Skips**
- 13- Kickbacks**
- 14- Spotty Dogs**
- 15- Crossovers**
- 16- Tap Backs**
- 17- Twisting Sit Up**
- 18- Jumpover**
- 19- Agility Runs**
- 20- Heel Taps**

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# Back Raises

Children's  
Exercises

5



1



2

## What to do:

- Lie face down on the floor
- Keep your stomach and legs touching the floor and lift your shoulders up
- Then lower them back down
- Repeat

## Muscles used:

- Lower back

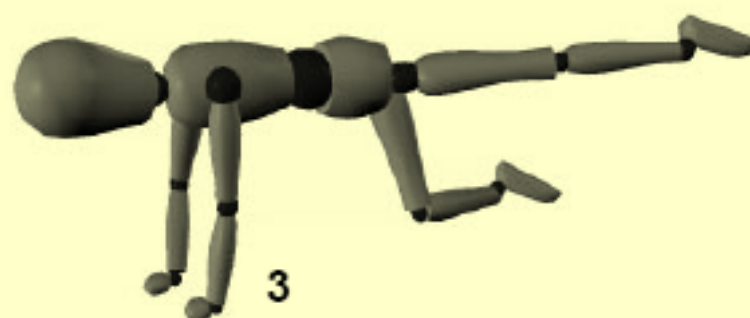
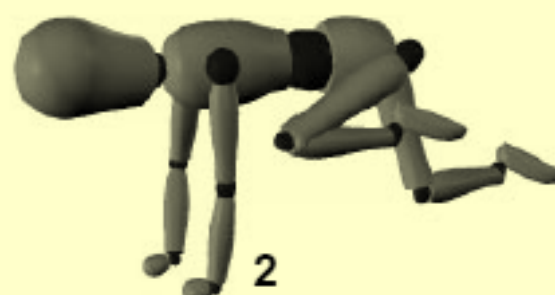
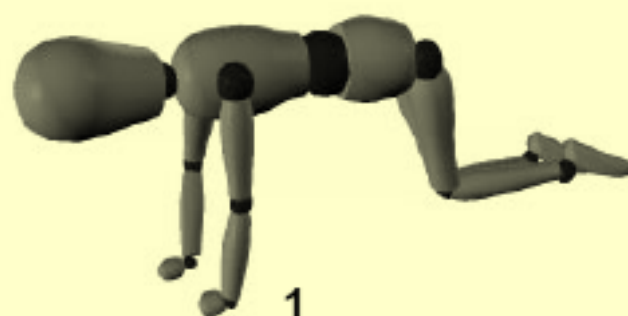
## What you need:

- Mat (optional)

# Kickbacks

Children's  
Exercises

13



## What to do:

- Kneel on all fours
- Lift your left knee off the floor and pull it into your chest
- Then push out your left leg behind you
- Repeat
- After you have done it a few times, do the same thing with your right leg

## Muscles used:

- Hips
- Bottoms

## What you need:

- Mat (optional)