

# Kids Circuit Session 1

Work for 15s on each exercise with 30s rest between. 1 set is 10 exercises. Take 2 minutes between sets. Perform 2-3 sets. If not sure of exercises, please look on the internet for videos of them.



## 1. BALANCE ON ONE LEG

Standing as still as you can with one foot off the ground



## 2. CATCHING BALL

Throw a ball to each other



## 3. RUNNING SHUTTLE

Mark cones/cushions roughly 2-10m apart (depending on space). Shuttle run between the cones



## 4. BALL THROW

Throw the ball in the air and catch as many times as possible in the time



## 5. BALL THROW IN BUCKET

Throw ball in bucket and run to get it and back to starting spot.



## 6. HOP ON ONE LEG

Try to hop and land in the same place for the whole time period



## 7. BOXING AGAINST A PILLOW

Punch as fast as you can against a pillow



## 8. JUMPING FOR DISTANCE

Long jump as far as you can from one spot. Run back to spot and jump again



## 9. PUNCHES IN THE SKY

Punch as fast as you can up to the sky



## 10. PLANK

Hold a plank position for the time period