



EduTrend Contents

W4C · FITNESS AND CONDITIONING · PRIMARY

Fitness Circuit Fun

Move through stations and feel your body work

Ages 7–10

Level: Foundation

60 minutes

Groups of 4–5 · up to 30

Activity 01

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 pupil worksheets · assessment checklist

ACTIVITY 01 · AT A GLANCE

Fitness Circuit Fun

Pupils warm up, then work in small groups around six circuit stations such as star jumps, bear crawls, balance holds, step-ups, agility zigzags and ball throws. They notice changes in breathing, heart and warmth, and design their own station.

Learning outcomes

By the end of the session pupils can:

- perform a range of exercises safely;
- describe how the body changes during exercise;
- work at a station for a set time;
- design a safe exercise station.

KEY WORDS

circuit · station · heart · breathing · strength · agility · balance · warm-up · cool-down

CURRICULUM LINKS

PE: fitness and health. Science: the heart and lungs. PSHE: healthy lifestyles.

1**WARM UP**

Raise and mobilise

2**LEARN**

Fitness idea

3**WORK**

Exercise or test

4**MEASURE**

Heart rate, score, effort

5**REFLECT**

What did we learn?

6**COOL DOWN**

Recover and stretch

Equipment

- Cones, hoops and low steps or benches
- Soft balls and beanbags
- Station cards with pictures
- A timer or music with pauses
- Worksheets 1, 2 and 3

Before the session

- Set out six stations with picture cards.
- Check the space and surfaces.
- Prepare music or a timer for 45 seconds work, 15 seconds move.
- Plan groups.

SAFETY

Warm up first. Space stations apart. Pupils work at their own pace and stop if they feel unwell. Drink water.

ACTIVITY 01 · SESSION PLAN

Step by step

Celebrate effort, not speed: count good-quality repetitions rather than racing.

Time	What happens	Say or ask
0–10 min Warm-up	Follow-the-leader jogging and mobility.	<i>"How does your body feel now?"</i>
10–15 min Demonstrate	Show each station with a pupil helper.	<i>"What makes this movement safe?"</i>
15–40 min Circuit	Groups rotate: 45 seconds work, 15 seconds move, two rounds.	<i>"What changes do you notice?"</i>
40–50 min Design	Groups design a new station and teach it.	<i>"Which body part does it work?"</i>
50–60 min Cool down	Walking, stretching and body scan.	<i>"How is your breathing now?"</i>

CHALLENGE CARD (print or copy onto the board)

Complete two rounds of the circuit with good technique and design a safe new station that works a different body part.

ACTIVITY 01 · FACILITATOR NOTES

The exercise science in brief

When you exercise, your muscles need more oxygen. Your heart beats faster and you breathe faster to deliver oxygen and remove carbon dioxide. You also get warmer, because working muscles produce heat.

Different exercises build different kinds of fitness: running and jumping build stamina, bear crawls and step-ups build strength, zigzags build agility, and holds build balance. The World Health Organization recommends that children and young people do an average of 60 minutes of moderate-to-vigorous activity a day.

Common ideas to listen for

- “Exercise is only running.” There are many kinds of fitness.
- “Feeling hot means something is wrong.” Warmth is normal during exercise.
- “Faster is always better.” Good technique keeps you safe and helps you improve.

Adapting the activity

Support

Use easier versions: wall press-ups, marching instead of star jumps.

Stretch

Add a harder level to each station and track repetitions.

WORKSHEET 1

Body changes

Name: _____

Class: _____ Date: _____

Tick what you noticed.

Changes

Change	Before	During	After
Heart beating			
Breathing			
Feeling warm			
Feeling tired			

WORKSHEET 2

My new station

Design a station.

Drawing



Draw your exercise and label the body part it works.

How to do it safely

WORKSHEET 3

Reflection

Think about the circuit.

My favourite station and why

Hardest station

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight pupils; copy as needed.

Pupil	Exercises safely	Describes body changes	Designs a safe station

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Fitness Circuit Fun is a sample activity from the EduTrend Contents W4C Fitness and Conditioning programme (primary, level: foundation). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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