



EduTrend Contents

G4C · COORDINATION AND AGILITY GAMES · HIGH SCHOOL

Coordination Circuit Designers

Design a varied circuit of short coordination games for children aged 4 to 10 and plan how to notice small improvements

Ages 14–18

Level: Advanced

75 minutes

Teams of 3–4 · up to 24

Activity 05

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

ACTIVITY 05 · AT A GLANCE

Coordination Circuit Designers

Teams design a circuit for children aged 4 to 10 with five stations of five to eight minutes each: balance, hopping, throwing and catching, dodging and a reaction game. Each station has an easier and a harder version and a note on what small improvement to look for. Teams test the circuit on peers in role, time transitions and revise.

Learning outcomes

By the end of the session students can:

- design a varied coordination circuit;
- plan easier and harder versions;
- identify observable improvements;
- revise from testing.

KEY WORDS

circuit · station · coordination ·
agility · adapt · observe

CURRICULUM LINKS

PE: leadership and movement
skills. Child development. Design:
user testing.

1**WARM UP**

Get moving safely

2**EXPLAIN**

One rule at a time

3**PLAY**

Short rounds

4**ADAPT**

Easier or harder

5**TALK**

What helped?

6**COOL DOWN**

Calm and review

Materials (per team)

- Station card templates
- Hoops, balls, cones, beanbags
- Stopwatch
- Worksheets 1, 2 and 3

Before the session

- Print templates.
- Gather kit.
- Agree safeguarding rules for work with younger children.
- Plan teams.

SAFETY

Any session with younger children needs staff supervision and school safeguarding approval.

ACTIVITY 05 · SESSION PLAN

Step by step

Children of the same age develop coordination at very different rates; design for that range.

Time	What happens	Say or ask
0–10 min Brief	What makes a good circuit?	<i>“Why short stations?”</i>
10–35 min Design	Five station cards.	<i>“What improvement will you notice?”</i>
35–60 min Test	Run on peers; time transitions.	<i>“Did everyone move most of the time?”</i>
60–75 min Revise	Improve cards.	<i>“What changed?”</i>

CHALLENGE CARD (print or copy onto the board)

Design a circuit that keeps every child busy and lets you spot and praise small improvements.

ACTIVITY 05 · FACILITATOR NOTES

The game know-how in brief

A varied session using balance, throwing and dodging games works the whole body and keeps attention high.

Noticing small changes, such as more hops in a row or better eye tracking, gives children meaningful feedback without scores.

Common ideas to listen for

- “Long drills build skill.” Short bursts work better for young children.
- “One level fits all.” Offer easier and harder.
- “Scores show progress.” Small observed changes matter more.

Adapting the activity

Support

Provide two completed station cards.

Stretch

Add a family version for home use.

WORKSHEET 1

Station plan

Name: _____

Class: _____ Date: _____

Five stations.

Station plan

Station	Game	Easier	Harder

WORKSHEET 2

Improvements to notice

For each station.

Improvements to notice

Station	Small improvement to look for

WORKSHEET 3

Our revisions

After testing.

We changed... because the test showed...

FOR THE TEACHER

Assessment checklist

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

Student	Designs varied stations	Plans adaptations	Revises with evidence

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

ABOUT THIS ACTIVITY

Coordination Circuit Designers is a sample activity from the EduTrend Contents G4C Coordination and Agility Games programme (high school, level: advanced). 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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