



EduTrend Contents

G4C · INDIVIDUAL SPORTS GAMES · MIDDLE SCHOOL

Personal Best Circuit

A circuit of solo challenges where every student tracks their own personal bests

Ages 11–13

Level: Intermediate

45 minutes

Individuals in stations ·
up to 30

Activity 03

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

ACTIVITY 03 · AT A GLANCE

Personal Best Circuit

Five stations test different skills: balance walk along a line, beanbag throws at a target, standing long jump, skipping for 30 seconds and a slalom dribble. At each station students record their score on a personal target card, then try once more to beat it. Scores are private. At the end, each student chooses one station to work on over the next weeks.

Learning outcomes

By the end of the session students can:

- perform a range of solo skills;
- record accurate personal scores;
- improve through a second attempt;
- choose a personal target.

KEY WORDS

station · personal best · balance · accuracy · power · target

CURRICULUM LINKS

PE: fitness and skills. Maths: measuring and recording. PSHE: self-motivation.

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 station)

- Station cards
- Beanbags, targets, ropes, cones, tape measure
- Personal target cards
- Worksheets 1, 2 and 3

Before the session

- Set up five stations.
- Write clear station cards.
- Print target cards.
- Plan rotation timing.

SAFETY

Check landing areas for jumps. Keep throwing stations clear. Space stations apart.

ACTIVITY 03 · SESSION PLAN

Step by step

Keep scores private. Praise improvement, not the biggest number.

Time	What happens	Say or ask
0–8 min Warm up	Mobilise and practise each movement.	<i>“How will you measure fairly?”</i>
8–12 min Explain	Stations and recording.	<i>“Who do you compete with?”</i>
12–38 min Circuit	Five stations, two attempts each.	<i>“Did you beat your first try?”</i>
38–45 min Cool down	Choose a target station.	<i>“What will you practise?”</i>

CHALLENGE CARD (print or copy onto the board)

Beat your own first score at as many stations as you can, then choose one skill to improve.

ACTIVITY 03 • FACILITATOR NOTES

The game know-how in brief

Different stations use different fitness components: balance, coordination, power and endurance.

Competing against your own previous score (a mastery focus) tends to keep motivation high for students of all abilities.

Common ideas to listen for

- “I am bad at sport.” Everyone has stronger and weaker skills.
- “Only first place matters.” Personal bests show progress.
- “One try shows my ability.” Practice changes scores.

Adapting the activity

Support

Shorten distances and enlarge targets.

Stretch

Add a timed element to the balance walk.

WORKSHEET 1

Circuit scores

Name: _____

Class: _____ Date: _____

Two attempts per station.

Circuit scores

Station	Attempt 1	Attempt 2	Improved?
Balance walk			
Beanbag target			
Long jump			
Skipping 30 s			
Slalom			

WORKSHEET 2

Fitness components

Match stations.

Fitness components

Station	Main component

WORKSHEET 3

My target

Plan practice.

I will improve... by practising...

FOR THE TEACHER

Assessment checklist

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

Student	Performs skills	Records accurately	Sets a target

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

ABOUT THIS ACTIVITY

Personal Best Circuit is a sample activity from the EduTrend Contents G4C Individual Sports Games programme (middle school, level: intermediate). 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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