

FUN FITNESS CIRCUIT



December Circuit

December is a very busy month and gym space is not always available. These activities can be performed inside a classroom or any open space. Place the activities however you see fit for your classroom and don't forget to play some fun music! Please refer to the schematic in the Fun Fitness Guidelines for ideas on how to structure the stations around a gymnasium.

Note: This circuit is designed so that there two full rotations made between five stations (2 minutes per station).

Station 1: Magic Muscles

Equipment: Books (to be used as weights)

1. Round A - Shoulder Raises

1. Students start by standing straight, hands at their sides and holding a book in each hand.
2. Next, they extend their arms straight out to the side and bring their hands up to shoulder height as if they have wings. Palms should be face up holding the books.
3. They must hold the books briefly at the top and then move their arms to the starting position.
4. Repeat until time is up.

2. Round B - Bent-Over Row

1. Students hold a book in their right hand and step their left foot out in front of them into a lunge.
2. Students then lean forward and place their left hand on their left knee for support while the right arm holding the book hangs at their side.
3. Next, they slowly lift the book to hip level by raising their shoulders and bending their elbow.
4. They then hold the book at hip level for 5 seconds before slowly lowering their arm.
5. Have students do 10 lifts per arm.
6. Repeat until time is up.

Station 2: Jack-in-the-box

Equipment: None

Students perform the following types of jumping jacks switching back and forth until time is up. Encourage students to do 10 of each activity before switching.

1. Round A

1. Narrow Jacks: These jumping jacks are very fast because students extend their legs and arms a short distance before bringing them back in.
2. Wide Jacks: These jumping jacks are very slow and the opposite of narrow jacks. Students spread their arms and legs as wide apart as they can before bringing them back in.
3. Repeat until time is up.

2. Round B

1. Half Jacks: Perform these jumping jacks one side at a time. Students step out with their right foot while extending their right arm up while the left side remains still. Students should do 5 half jacks on the right side before switching to do 5 on the left side.
2. Ski Jacks: Instead of extending arms and legs to the side like a traditional jumping jack, students bring their right leg and arm out in front of them while moving their left leg and arm behind them. Arms and legs should alternate every jump. Do 10.
3. Repeat until time is up

Station 3: Reindeer Runs

Equipment: None

Students perform the following two stationary exercises switching back and forth until time is up. Encourage students to aim for 30 seconds on each activity before switching.

1. Round A

1. Skipping: Students skip on the spot.
2. Running: Students run on the spot.
3. Repeat until time is up.

2. Round B

1. Ski Sit: Students stand straight then bend their knees until they are almost in a sitting position with their arms out (pretending to hold onto ski poles). They hold the ski sit pose as long as they can before switching to skate step.
2. Skate Step: Students stand up with a slight bend in their knees then glide their right foot back by extending their right leg away from their body in a skating motion and then slide in back in. Students alternate legs in a stationary position to skate on the spot.
3. Repeat until time is up.

Station 4: Power Santa's Sleigh

Equipment: Chairs

1. Round A - Flutter Kick

1. Students perform a flutter kick by sitting in a chair with their legs extended out in front of them and quickly kicking their legs up and down in small movements.
2. Repeat until time is up.

2. Round B - Leg Raises

1. Students begin by sitting in a chair with their feet together, flat on the floor and their back straight.
2. Students lift their right leg up straight as high as they can and hold for three seconds at the top before returning to the starting position and switching to their left leg.
3. Repeat until time is up.

Station 5: Chimney Jumps

Equipment: None

1. Round A

1. Students pretend to go down a chimney by keeping their body straight with arms at their sides and feet together and jumping straight up.
2. Students should land as softly as they can and squat down to the floor making themselves as small as possible in order to "fit through the chimney."
3. Students then stand up and repeat the activity.
4. Repeat until time is up.

2. Round B

1. Students pretend to leap out of the chimney by jumping into the air with arms and legs spread wide.
2. Students start by standing straight with their hands at their sides and then jump as high as they can, extending their arms and legs out like a star while in the air.
3. Students should land as softly as they can with a small bend in their knees.
4. Remind students to be a safe distance from their neighbours or any other obstacles before jumping.
5. Repeat until time is up.

Magic Muscles

Equipment: Books that can be used as weights



Round A - Shoulder Raises

1. Stand up straight, hands at your sides while holding a book in each hand.
2. Bring your hands up to shoulder height as if you have wings – keeping your arms straight and palms facing up holding the books.
3. Hold your arms up at shoulder height for a few moments before returning to the starting position.
4. Repeat until time is up.

Magic Muscles

Equipment: Books that can be used as weights



Round B - Bent-Over Row:

1. Hold a book in your right hand and take a small step forward with your left foot into a lunge.
2. Lean forward and place your left hand on your left knee for support while your right hand holding the book hangs at your side.
3. Slowly lift the book towards your hip by bending your elbow.
4. Hold the book at your hip for 5 seconds before slowly lowering your arm.
5. Do 10 lifts per arm.
6. Repeat until time is up.

Jack-in-the-Box

Equipment: None



Round A:

Repeat each activity 10 times before switching to the next one.

1. **Narrow Jacks:** These are very fast.
Quickly spread your legs and arms a short distance before quickly bringing them back in.
2. **Wide Jacks:** These are very slow.
Slowly spread your arms and legs as wide apart as you can before slowly bringing them back in.

Jack-in-the-Box

Equipment: None



Round B:

Repeat each activity 10 times before switching to the next one.

- 1. Half Jacks:** Only move one side of your body at a time. Spread out your right arm and right leg together and then bring them back in while keeping your left side still.
Do 5 half jacks on your right side and then switch to the left side.
- 2. Ski Jacks:** Move your right leg and arm out in front of you while moving your left leg and arm behind you like you're skiing. Alternate with every jump.

Reindeer Runs

Equipment: None



Round A:

Repeat each activity for 30 seconds before switching to the next one.

- 1. Reindeer Skipping:** Skip on the spot like a reindeer.
- 2. Reindeer Running:** Run on the spot like a reindeer.
- 3. Repeat until time is up.**

Reindeer Runs

Equipment: None



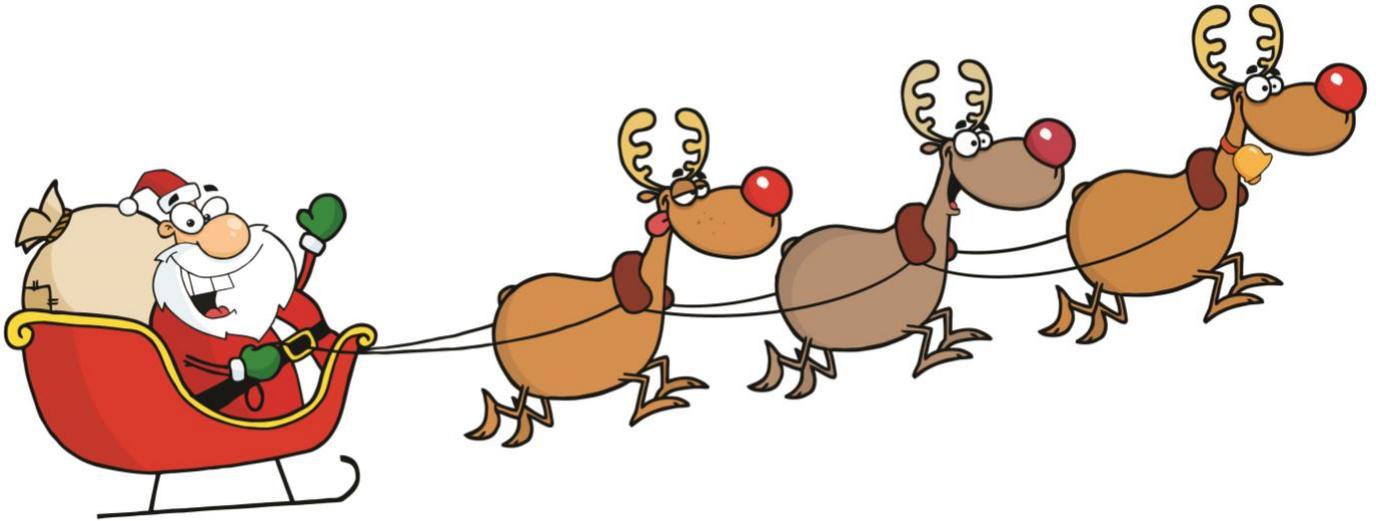
Round B:

Repeat each activity for 30 seconds before switching to the next one.

- 1. Ski Sit:** Bend your knees so you're almost in a sitting position. Lift your arms out pretending to hold ski poles.
- 2. Skate Step:** Bend down low like a speed skater. Slide your right leg out behind you as if you were gliding on ice. Slide your leg back in and then switch legs as if you were skating!

Power Santa's Sleigh

Equipment: Chairs

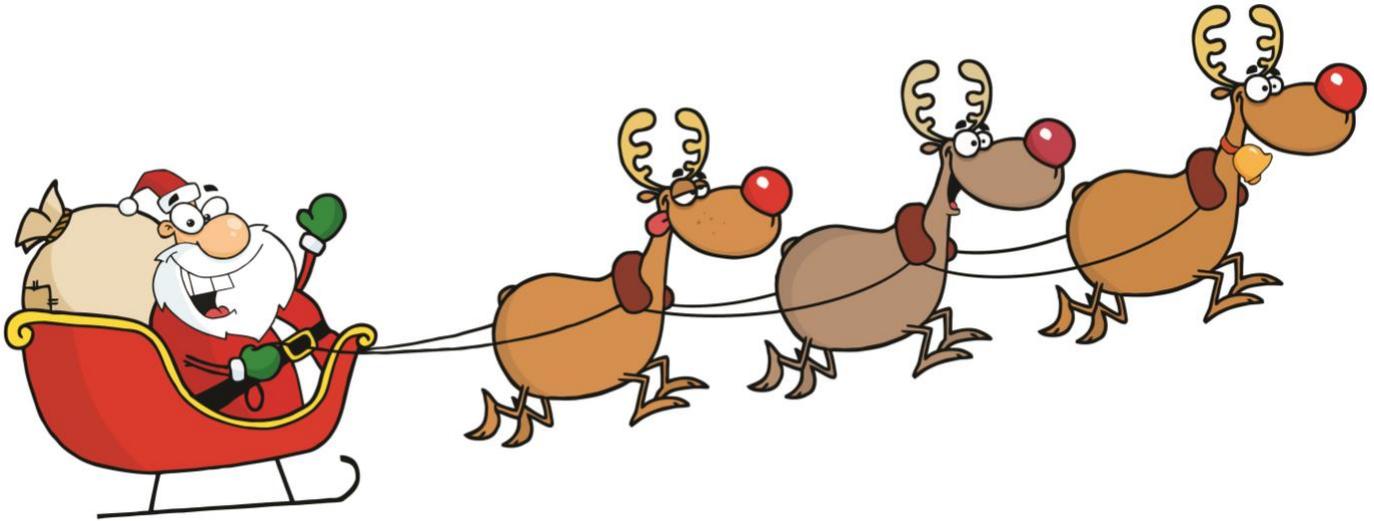


Round A - Flutter Kick:

1. Sit in a chair with your legs extended straight out in front of you.
2. Flutter kick your legs by lifting them up moving them up and down in small motions.
3. Repeat until time is up.

Power Santa's Sleigh

Equipment: Chairs



Round B - Leg Raises:

1. Sit in a chair with your feet together, flat on the floor. Keep your back straight.
2. Keep your right leg straight and raise it up as high as you can.
3. Hold for 3 seconds before lowering your leg back down.
4. Repeat with your left leg.
5. Repeat until time is up.

Chimney Jumps

Equipment: none



Round A: Jump Down the Chimney

1. Stand straight with your arms by your side and your feet together.
2. Jump straight into the air and then land as softly you can and squat down to the floor making yourself as small as possible in order to “fit through the chimney.”
3. Stand up straight and jump again.
4. Repeat until time is up.

Chimney Jumps

Equipment: None



Round B: Jump Out of the Chimney

1. Stand straight with your hands at your sides and your feet together.
2. Jump as high as you can, extending your arms and legs out like a star.
3. Land softly with your knees slightly bent.
4. Repeat until time is up.