



PEPASS

Physical Education
Physical Activity
School Sport

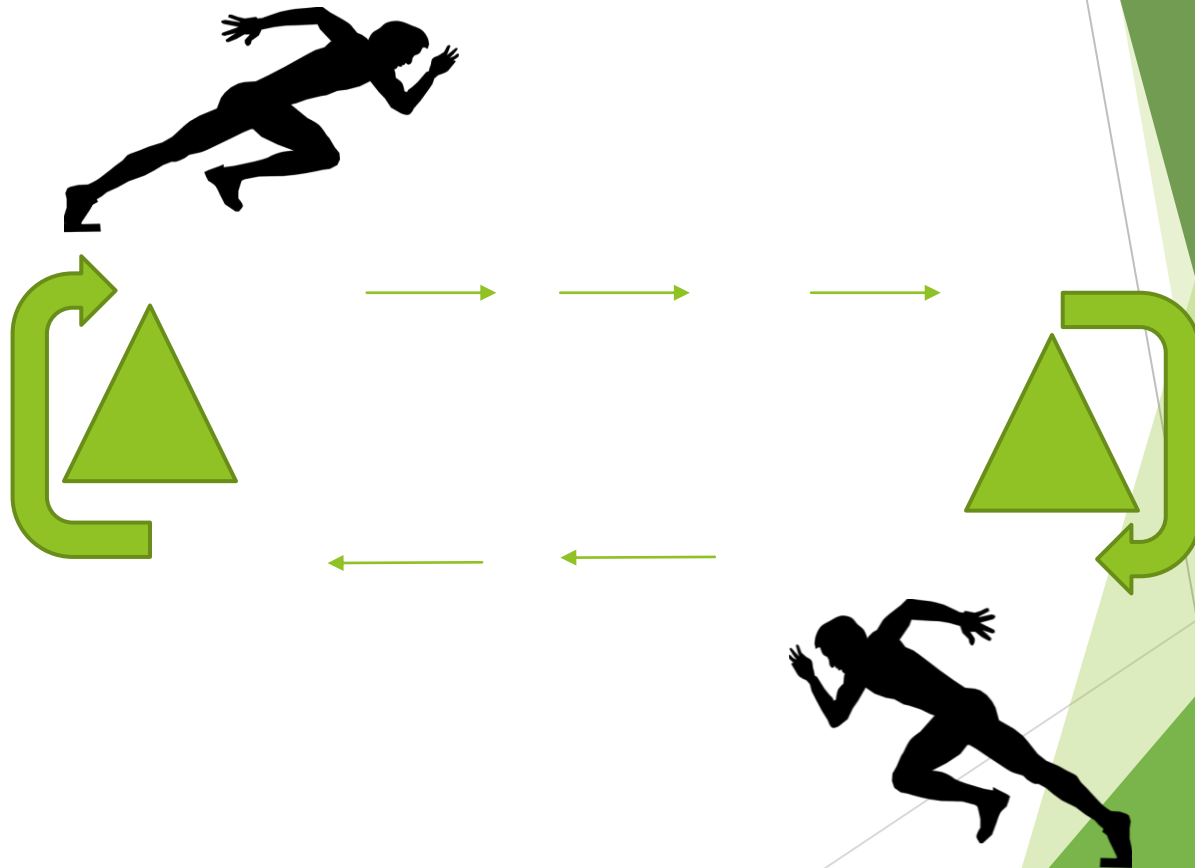
together inspiring success

Multi-sports Individual Circuits

OFFICIAL

Circuit No1. Power Shuttles. (Athletics)

Create a target distance (10m) between two cones. Count how many times you complete a circuit.



OFFICIAL



Circuit No2.

Shuttle Hoopla (Badminton)

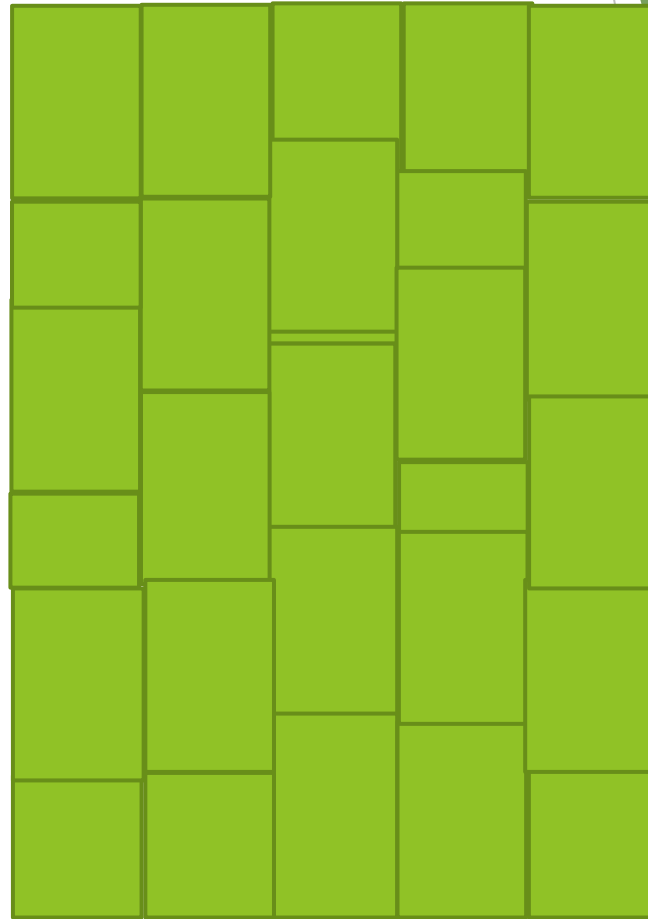
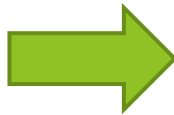
Pick up a shuttle.
Using side step footwork to place shuttles in hoop.
Reverse the process.



OFFICIAL

Circuit No3. Off the Wall (Volleyball)

Practice passing by setting the ball off the wall. Place your hands above head with elbows out to side. Your thumb and fore fingers should form a triangle.

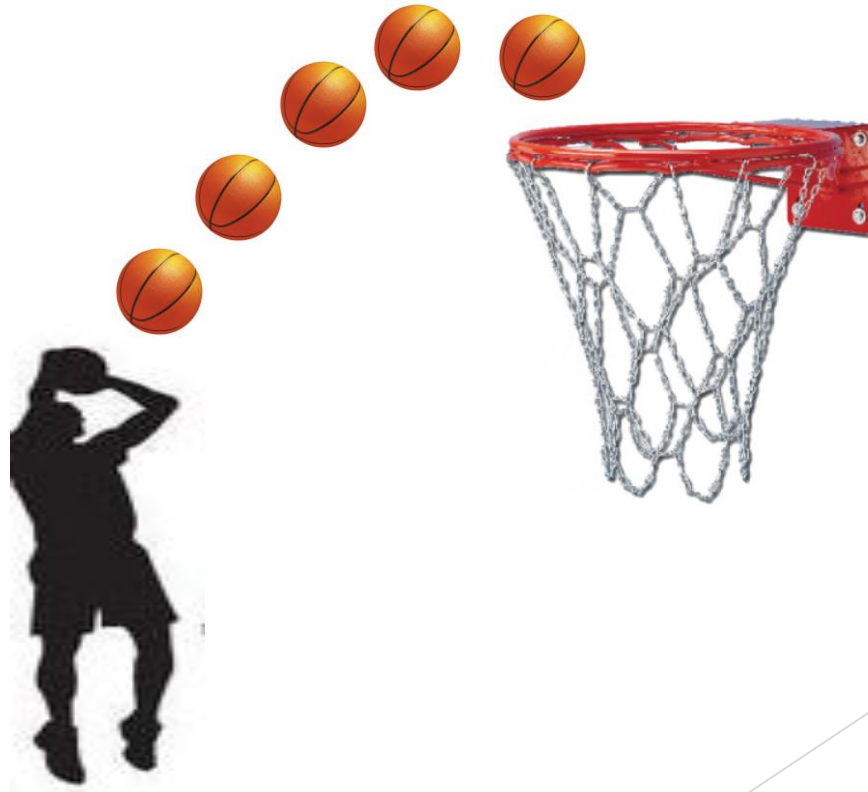


OFFICIAL

Circuit No4 . Shooting the Hoop.(Basketball)

Practice
shooting into the
basket from
different sides
of the hoop.

(If no basket use
bucket or bin).



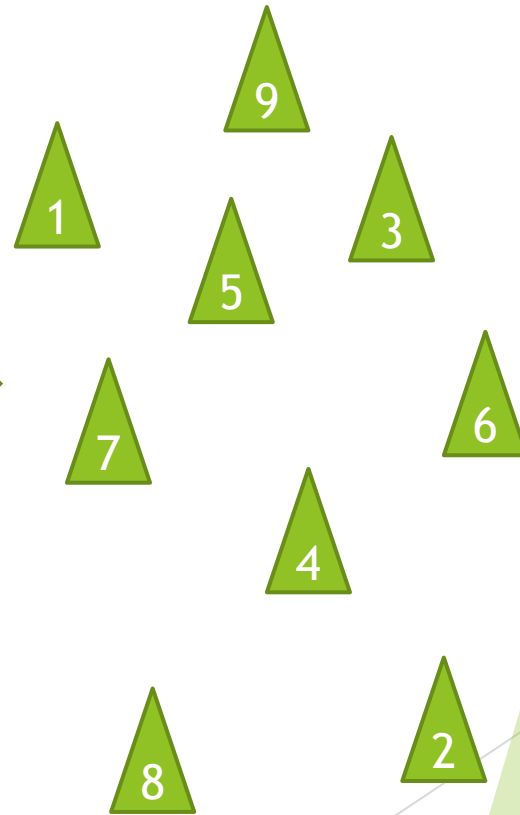
OFFICIAL



Circuit No5. *Zig Zag ball carry.(Rugby)*

Foot work & ball carrying skills challenge.

Set up numbered cones and run with ball in number order. Pretend other cones are opposing players.



OFFICIAL



Circuit No6. Around The Legs (Netball)

Stand feet a little wider than shoulder width apart with ball in hand. Guide the ball through the legs in a figure of 8 shape.

Keep your head and eyes up. Don't watch the ball.



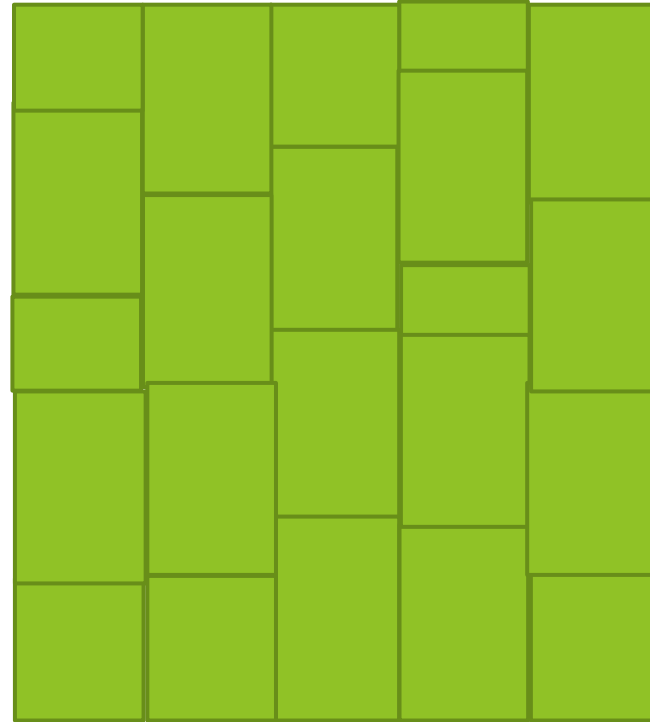
OFFICIAL



Circuit No 7 ***Volley & Backhand Off The Wall*** ***(Tennis)***

Hit tennis ball
off wall
using fore
hand & back
hand swings.

Count how
many hits you
can get.

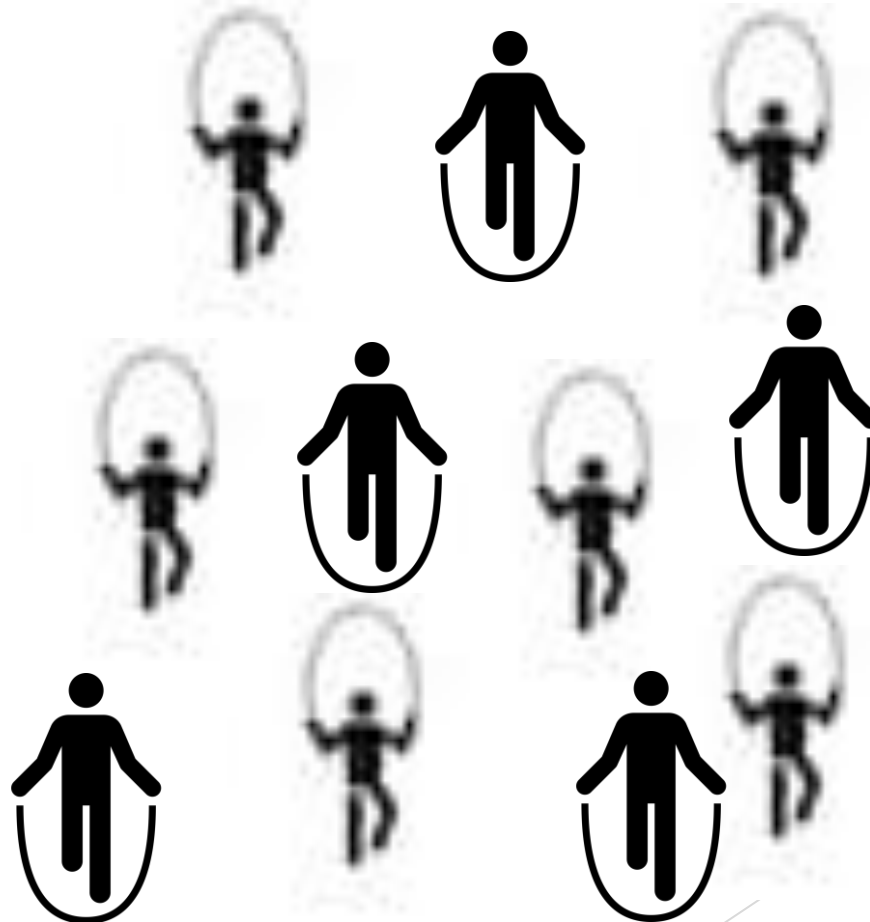


OFFICIAL



Circuit No8. Skipping (Boxing)

Count how many times you can skip in one minute.



OFFICIAL

Circuit No9. Stretching (Gymnastics)

Work on your flexibility and relax.

Try some of these stretches.
(Don't over stretch)

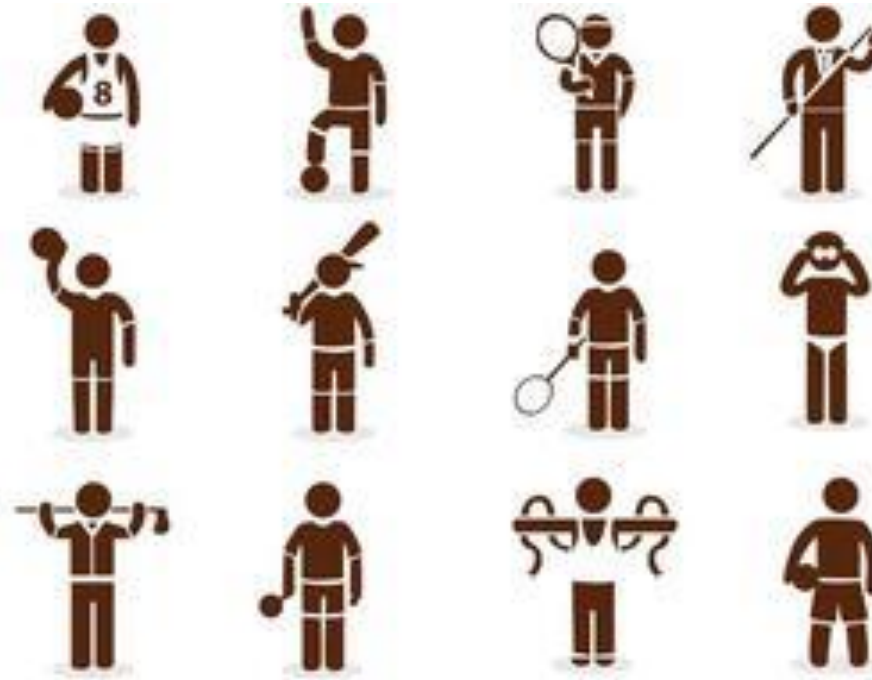


OFFICIAL

Circuit No10. Obstacle Course

Set up obstacle course using different equipment .

Repeat.



Designed by Vectozny

OFFICIAL