



PEPASS

Physical Education
Physical Activity
School Sport

together inspiring success

Athletics Individual Circuits

OFFICIAL

Circuit No1 ***Standing long jump***

Standing with toes touching the edge of the mat and feet slightly apart. Jumper takes off swinging arms and bending knees to provide forward drive and land on both feet. Mark jump with cone. Repeat.

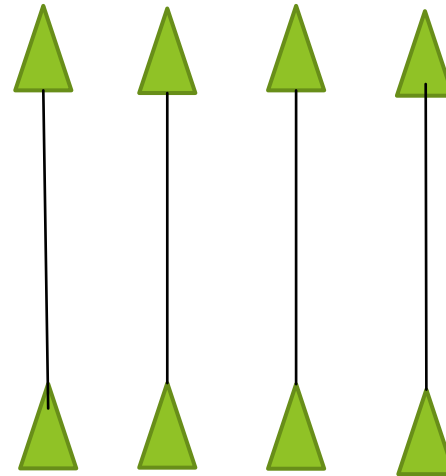


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Circuit No2

Javelin

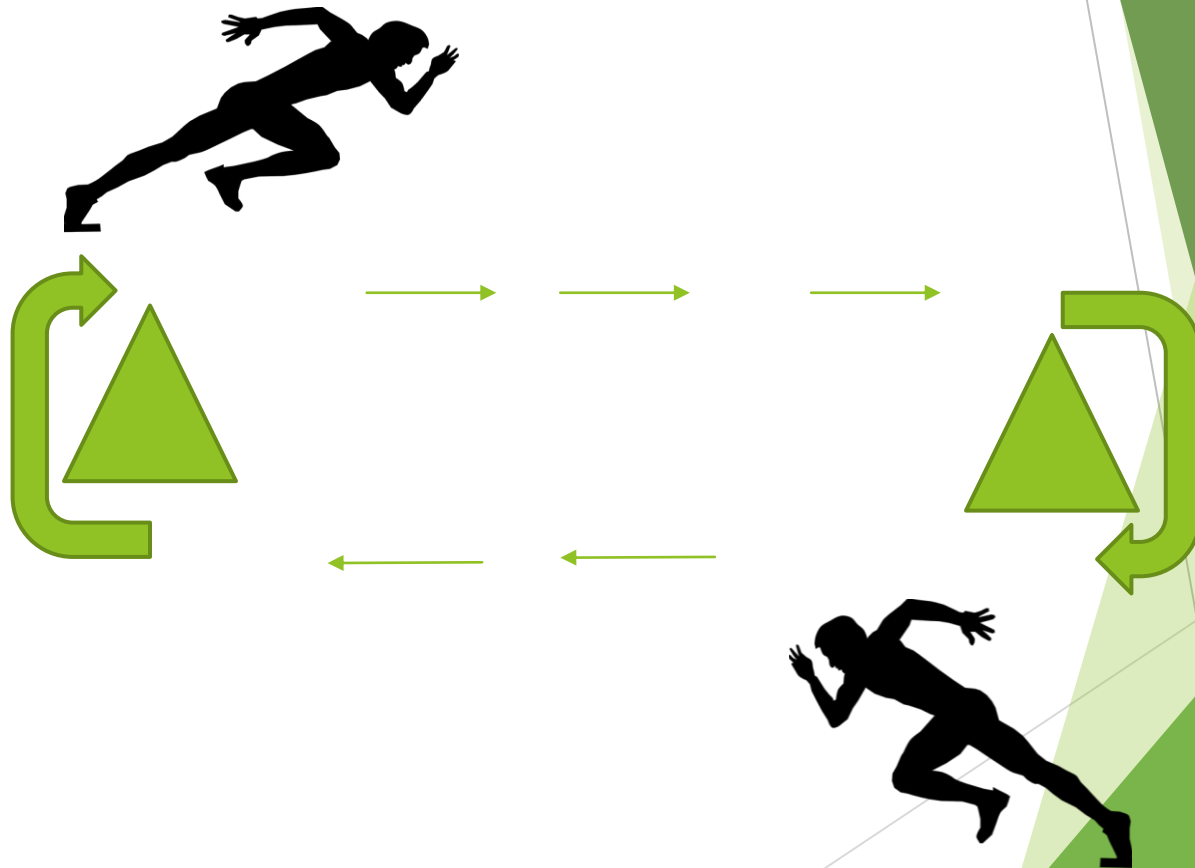
Standing side on to target use over arm throwing technique. Aim to throw as far as possible, landing javelin in one of the three target zones.



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Circuit No3. Power Shuttles.

Create a target distance (10m) between two cones and count how many times you complete a circuit (1 point per 10m)

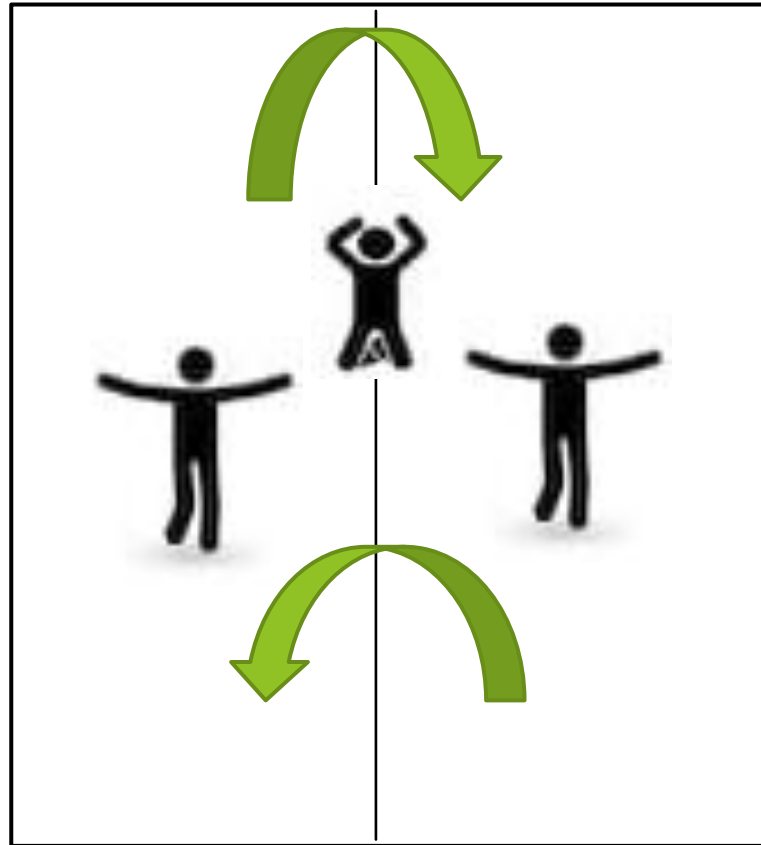


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Circuit No4 Speed Bounce

Place mat with line marked along centre with tape or chalk. Child jumps sideways across line and back. How many can you do in time allocated?



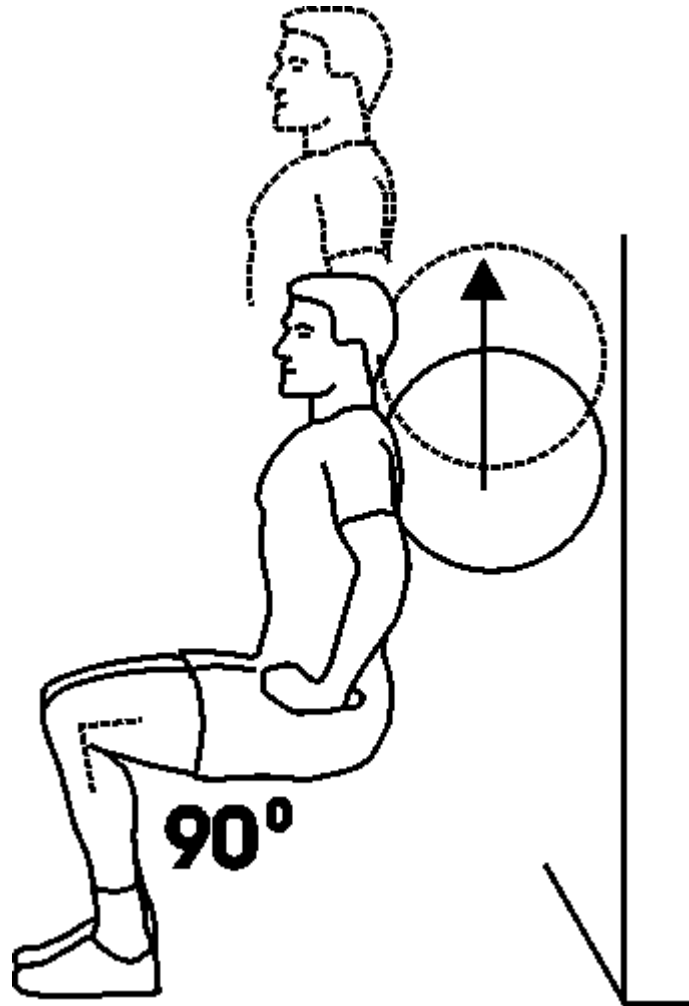
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Circuit No5

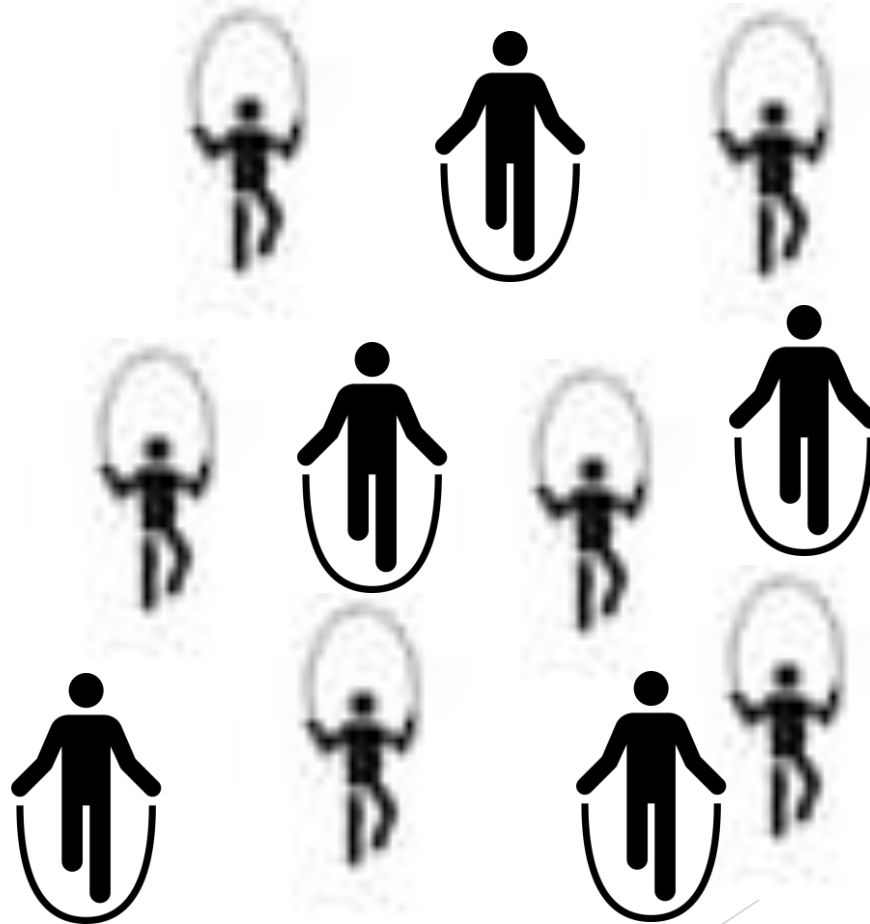
Wall sit

Time how long
you can hold
the wall sit.



Circuit No6 *Skipping*

Count how many times you can skip in allocated time.



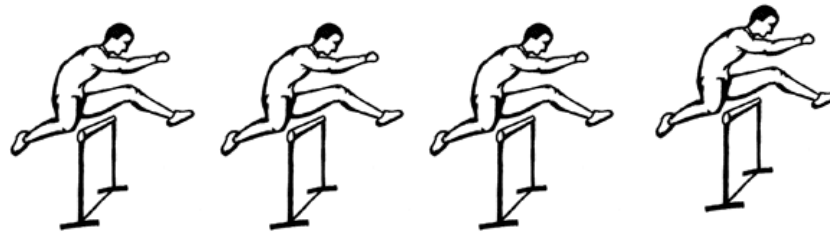
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Circuit No7

Hurdles shuttles

Child runs over hurdles, round end cone and jog back to start.

Complete as many as possible within time limit.

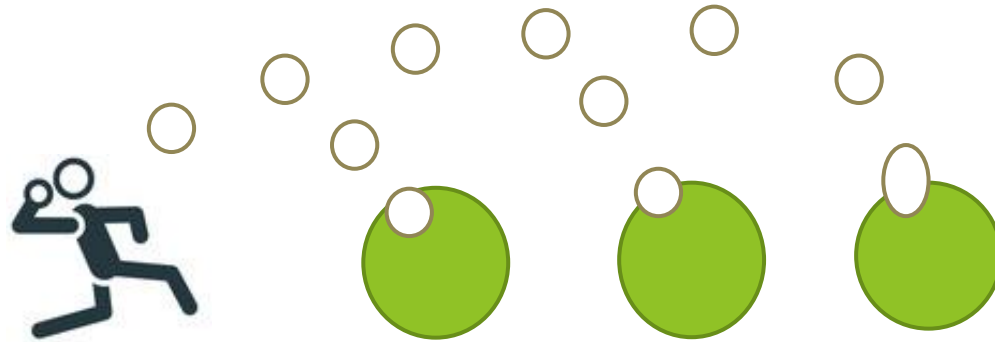


Circuit No8

Bean Bag Shot Put

Bean bag target throwing—three hoops as targets at different distances.

Throw at each hoop using shot put technique .



Shot put

Circuit 9 Long Distance Run

How many laps of gym or pitch can you do in allocated time?



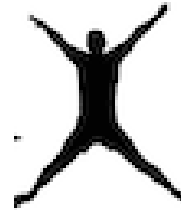
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Circuit No10 Obstacle Course

Set up obstacle course using different equipment

1 point for each circuit completed



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