

# Movement

**IMPORTANT Parent or Carer –**  
Check that you are happy with any weblinks or use of the internet.

## Activity 1 – Exercise circuits

### Create an indoor or outdoor circuit

#### What to do

- Set up the circuit: this can be done together or set out in advance.
- Go around the circuit together, deciding or explaining what movement will happen at each station and how many times/for how long.
- Start the circuit – several family members can take part at once, each at a different station.
- Music can be used to add energy to an indoor circuit.
- Example stations:
  - i) 5 jumping jacks on the trampoline
  - ii) 5 runs around the washing line
  - iii) Sit on a cushion for the count of 20
  - iv) Throw 5 beanbags into a box
  - v) 5 skips with the rope
  - vi) Crawl under the broom balanced between two chairs

#### What you need

Things that can mark out different stations in the circuit: e.g. *hula hoop, cones, chalk drawn shapes on ground, carpet square/small rug/foam squares, cuddly toys*

Small active equipment: e.g. *ball, bat, skipping rope, bean bags*



A **circuit** is a set of different exercises performed with short rest periods between for a set number of repetitions/a prescribed amount of time. For young children, moving to a different place (or station) for each exercise helps them understand the process.

#### Extension

Set novelty challenges – e.g. how slowly/fast/small/big can you make each movement? Can we do it at double speed? Can you set up a circuit for the family next time?

#### Questions to ask

How does it feel when we exercise?  
Which parts of our bodies are we using?  
How are we getting better at each station as we practise?  
What other stations would be fun?