



Athletics: Circuits with a twist

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Warm Up with Newspapers Travelling at different speeds:

Equipment: 1 sheet of newspaper per child.



Open your sheet of newspaper out. Hold it at your shoulders against your chest. At the signal begin running; you will no longer have to hold it. What will happen to the newspaper when you stop running? Try different speeds sometimes very fast and sometimes very slowly, what happens?

Teaching Points:

- Keep your head up for balance and to avoid collisions.
- Check your speed to avoid others

Balloon or Ball Circuit to Music



1. Twist around head
2. Twist around body
3. Figure of 8 between knees
4. Touch ground with bent legs between feet then raise ball over head x 4-8
5. Touch right foot with ball and then raise it to over left shoulder
6. Touch ground with bent legs between feet then raise ball over head and rise onto toes
7. Touch left foot with ball and then raise it to over right shoulder
8. Touch ground with bent legs between feet then raise ball over head with a jump
9. Reach in and out with ball from the chest.
10. Tricep extension behind head

Dynamic Stretching

YouTube clip for teachers (11 minutes duration) <https://www.youtube.com/watch?v=sbuB6JxLpeg>

References:

Graham, G., Holt/Hale, S. A., & Parker, M. (2010). Children moving a reflective approach to teaching physical education (8th ed.). Boston: McGraw-Hill. (Newspaper game)

See IPPEA Members Area- Information Sheets-2012-2013 Articles on Endurance, Strength, Flexibility, Co-ordination & Speed and also for instructions on performing all circuit activities

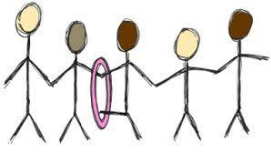

<http://www.irishprimarype.com/conferences/conference-2016-promoting-the-power-of-physical-education/> under circuits with a twist workshop notes.



Roll the Dice Circuits

Youngest group member rolls the dice to start. Take turns then.

The group completes the task but you can choose your level

Roll The Dice	Level A	Level B	Level C
Leg Strength Letter A or B	Lunge forward each leg on the spot	5 walking lunges	10 walking lunges
Heart Work Numbers 1 or 4	Walk around the perimeter running for distance	Walk or Jog	Jog
Just for Fun Letter C	Hula Hoop Circle 	Hula Hoop Circle	Hula Hoop Circle
Arm Strength Letter D	The Plank	The Clock 12 -3 O clock	The Clock 12-6 O' clock
Heart Work Numbers 2 or 5	Rope Skipping Double Bounce 10 rope turns	Single Bounce 10 rope turns	Jump Rope Single Bounce 20 rope turns
Arms and leg Strength Letter E	Crab Balance	Crab Walk Forwards and or Backwards	Crabwalk Left and Right
Heart Work Numbers 3	Line (cone) Touches 4	Line Touches 6	Line Touches 8
Leg Strength Letter F	Frog Jump	Frog Jump	Frog Jump
Just for Fun Number 6	Seated Scooters		



= heart work



= strength work