

2020 GO TEAM GAMES



CIRCUIT TRAINING CHALLENGE

Space Needs: Large room indoors or outdoors. If playing with your family, encourage proper hand hygiene before and after the game. If playing with members outside your family, social distance in a well-ventilated space, follow mask guidelines, and take part in hand hygiene before and after the game.

Materials: Feel free to get creative with the activities you do during the Circuit Training Challenge. All the Recommended Exercises (listed below) don't need equipment, so don't worry if you don't have all the required materials.

Required: Jump ropes, hula hoops, CD player or phone/tablet with upbeat music

Optional: Hand weights, exercise mats, resistance bands, cones

Objective: Kids will learn a variety of exercises commonly practiced by athletes in a 'circuit training' by moving through various physical activity stations

Set-Up: Review the list of exercises below ("Recommended Exercises") to become familiar with the activities. Determine the number of exercise stations you'd like to set-up. Three to five stations is ideal. Set up the stations in a big circle, putting as much space between the stations as possible. Use markers like cones to mark the stations where certain activities (like the ones listed below) will be played. Stations should accommodate 1-2 people working out at the same time and can include:

- One or two jump ropes
- One or two hand weights
- One or two resistance bands
- One or two hula hoops
- An activity from the list below

Steps: Divide your kids into pairs, if possible. Feel free to rotate through the activities with the kids, when safe and appropriate.

- ◇ **Explain:** "There are various exercise stations set up. Everyone will be practicing different exercises at the same time."
- ◇ Ask each child or pair to go to an exercise station.
- ◇ **Explain:** "When the music starts, you should do the exercise for that station. You must stay at that station until the music stops and then you can move to the next activity in the circle."
- ◇ Remind the group that it does not matter which station they pick to start, because they'll be able to try all the different activities at each station.
- ◇ Before starting the music, demonstrate the exercises at each station so the participants are aware of proper form and technique. For example, demonstrate proper technique for some of the exercises listed below, including squats, push-ups, sit-ups and lunges.
- ◇ Start the music.
- ◇ When the music is playing, assist the kids with their exercises and encourage them to keep going until the music stops. Feel free to make the games silly and fun.
- ◇ Play the music for about 1-2 minutes per round.
- ◇ When you stop the music, make sure everyone rotates clockwise in the circle as they move to the next station.

Recommended Exercises:

- Sit-ups
- Squats
- Side kicks
- Running in place
- Sit and reach
- Tree pose (or other balancing poses)
- Front kicks
- Downward dog to upward dog
- Hop on one foot
- Cat and cow
- Bicycles
- Jumping Jacks
- Push-ups
- Lunges

Debrief: Ask these questions to your kids to close out the game.

- ◇ *What was the purpose of this game?* (Ideal answer: To learn different exercises you can do to stay healthy.)
- ◇ *What changes did you notice with your body while completing the exercises?* (Answer: My heart was beating faster, I got sweaty, I got thirsty, etc.)
- ◇ *Can you name some other types of exercises that we did not do in this game?*
- ◇ *What types of exercises do you enjoy?*