

How to create a mini movers circuit

Learning aims

- Develop coordination and gross motor skills
- Experiment with different ways of moving
- Follow instructions and recall information
- Choose how to move in a range of ways
- Understand how to stay hydrated.

Resources

- Four circuit stations physically marked with something e.g. a cone or spot
- Four station signs, made specifically for each station from paper and laminated.



Activity outline

The aim of the activity is to set up four circuit stations for children to complete their own mini movers exercise circuit.

1. Ensure there is plenty of space between the stations and start by marking these out with something physical, such as a cone or a spot
2. For each station, choose a movement you want children to do e.g. jumps, hops, running on the spot, standing up and sitting down etc
3. Create a station sign with the word and an image to help children recall what it is they have to do. Laminate these and place them safely on the station
4. Start by explaining to the children what an exercise circuit is. The aim is to complete all of the stations carrying each action for a specified period of time e.g. 20 seconds then move on until they return to where they started. Remind the children that they have to let you know when they have completed a circuit - see if they can remember!
5. Go around each of the four stations and explain to children what they are expected to do at each of them. Show them the station sign and then physically demonstrate the action
6. Split the children into smaller groups across the four stations so they start at different points. Explain to children which way they will move around the circuit, to the left or right
7. When children are ready, ask them to start. Children should complete the action until you shout, 'change mini movers'
8. Support children to move to the next station and to start their next move. Can they remember what it is?

Extending the activity

- Each time children go around the obstacles, ask them to complete it at a different tempo e.g. fast or slow
- Mix up the station signs. Can children still recall each of the movements?
- Add a fifth station for children to create their own individual movement.

Special considerations

Remember in sunny weather to ensure children have access to fresh drinking water whilst carrying out the mini movers' circuit.