

DPA Pages!

Full Day Kindergarten Classroom Circuit

DESCRIPTION:

Classroom circuits are a great solution to incorporate a variety of physical activities that develop aerobic fitness, muscle strength, endurance, and flexibility in 10 minute blocks of time. Use the four Full Day K Station Cards to set up stations for Healthy Heart, Healthy Bones, Healthy Muscles and Healthy Selves.



DPA Endurance, Strength, Flexibility

EQUIPMENT:

4 Action Schools! BC FDK laminated Station Cards	Single Skip ropes (in K to 3 Bin)
CD Player	Scarves (in K to 3 Bin)
Kids In Action K-2, Vol. 3 CD (F)	Bean Bags (in K to 3 Bin)
Cards from the Yoga Kit for Kids (in K to 3 Bin)	Head-to-Toe Stretch Poster (F) (in K to 3 Bin)
Grippers (in K to 3 Bin)	Hula Hoops
	Painter's Tape

IMPLEMENTATION IDEAS:

- Tape the four FDK Station Cards to the wall in each corner of the classroom and explain that each time the music stops the students must transition to the next station.
- Activities can be practised as a class the first few times until the students are familiar with the various activities and can do them on their own without guidance.
- Play music for short intervals (up to 2 minutes) and have the students go from one corner of the room to the other until 10 minutes have passed or the students have gone through all four stations.
- Use painter's tape to create lines for hopscotch or hula hoppers (see CAR K7 p.26) on the carpet.

RESOURCES: (refer to Action Pages! at www.actionschoolsbc.ca for these and other resources)

1. Action Schools! BC *Classroom Action Resource* K to 7 (F), p. 30
2. Full Day K Station Cards (available with Full Day K Workshop or downloadable at www.actionschoolsbc.ca)
3. Fun Classroom Fitness Routines Ages 4 to 9 DVD (refer to Action Pages!)
4. Healthy Opportunities for Preschoolers and Primary, Locomotion Circuit (in K to 3 Action Bin or refer to Action Pages!)



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