

# DPA Pages!

## Outdoor Circuit Ideas

Activity stations can be added to an Action Schools! BC playground circuit or combined to form an outdoor circuit. Outdoor circuit stations should be approximately one minute each. Teachers should have students come into the middle after each station activity for a one minute recovery break.

**DPA** DAILY PHYSICAL ACTIVITY: Endurance, Strength, Flexibility

### STATION IDEAS WITH EQUIPMENT:

- Scarves or Bean Bags – catching and throwing alone or with a partner or juggling. Try “Number One Touch Your Tongue” from Active Playgrounds pp. 22-23. Refer to Action Pages! for juggling resources.
- Short ropes – skipping
- Hula hoops – spinning
- Exercise Bands – refer to *Classroom Action Resource* or Get Strong 101 DVD
- Sport specific station ideas:
  - dribble, shoot or pass a basketball with a partner
  - kick a soccer ball with a partner
  - bump and set a volleyball with a partner
  - throw a football, rugby ball or throton with a partner
  - volley a badminton birdie with a partner



### STATION IDEAS WITHOUT EQUIPMENT:

- Get Strong 101 moves – included on most Action Schools! BC playground circuits or choose your own moves from the DVD
- Brain Energizers – apple picking, cross-laterals, barn-storming (see *Classroom Action Resource*)
- Bounces from Bounce-at-the-Bell

### IDEAS FOR RECOVERY BREAKS IN BETWEEN CIRCUIT STATIONS:

- Jog or march on the spot
- Run, skip, sidestep or jog to a specific point and back
- Have a quick game of tag
- Try a Run and Touch Scavenger Hunt (find and touch 3 objects – colours, materials, locations, things that start with a certain letter, etc.)
- High knees, butt kickers or foot taps (see Get Strong 101 DVD)

Provided by Action Schools! BC Master Trainer Debbie Keel.

The DPA Pages! offer one Action Schools! BC DPA idea per page and are posted on [www.actionschoolsbc.ca](http://www.actionschoolsbc.ca). See Quick Links – Support and Resources.



**Action Schools! BC**