

# Year 3 Circuit Training Activities

## Ways to Travel



There are so many different ways to travel! Choose two ways from this list:

- skipping
- walking
- tiptoeing
- running
- jumping
- crawling
- sidestepping

Imagine a line on the floor or ask if you can draw one using chalk on the floor outside.

Travel along this line using one of your chosen ways of travelling. When you reach the end, come back along the line using your second travelling choice.

## Changing Travel



You can change the speed, direction or height of your mode of travelling. In this activity, you will change the speed of your travel. You will need a space to travel around, such as your garden, a small park or a playground.

- Imagine a large square inside your space. Walk along the first side of the square.
- Turn the corner and then run on the second side of the square.
- Next, walk the third side and then run the fourth side. You should now be back at the start!

## Ball Control



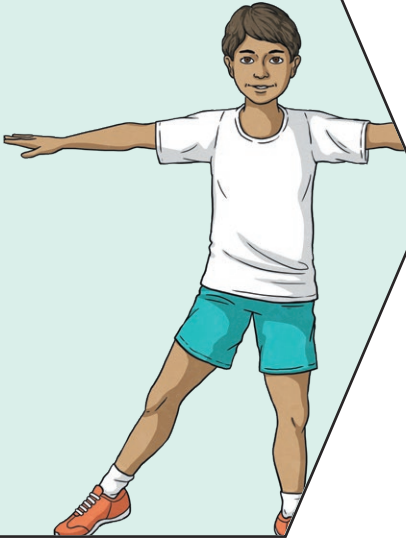
You can control the movement of a ball using your feet or your hands. This activity focuses on you using your hands to accurately roll a ball.

- Find a marker, such as a cone or a small mat.

- Choose a starting position and roll the ball along the ground to try to get as close to the marker as possible.

You can try moving nearer or further away to see if this makes it easier or harder!

### Balance and Coordination



Balance and coordination are important skills for lots of activities, games and sports. Try this activity to improve your balance and coordination.

- Stand on one leg and hold your arms out to the side.
- Hold a beanbag in one hand. Slowly place the beanbag on your head.

- Use your other arm to take it off your head.
- Now repeat on the opposite leg.

Can you do this without putting your foot down or dropping the beanbag?

### Time Trials



Complete the four activities described above, one after the other. Time yourself or ask someone to time you so that you have one minute for each activity.

How many of each activity can you do in one minute?

### Improve your Score



Complete the four activities again and time yourself so that you have one minute for each.

Try to improve your score this time by trying to do each activity more times in one minute than you did last time.