



(U8L5R2) Handout: Create a Circuit

Your task is to design and plan a simple fitness circuit for students your age to participate in. When planning and designing your circuit, remember to consider the following:

- All of the 6 S's need to be incorporated into the circuit exercises. (Safety, skill, stamina, suppleness, strength and speed.)
- Where will this circuit be set up? Do you have a suitable school playground, sports field, hall or classroom that can be used?
- What equipment will you need to make this circuit?

