



Outdoor Activity Circuit

Health & PE – All Grades

At circuit stations, students perform different outdoor activities they can do instead of watching TV/playing video games.

Materials:

- 8-10 cones (1 per station)
- Choose 16-20 outdoor activities (ski jumps, planting a garden, jumping rope, etc)
- Music and player

Instructions:

1. Create the circuit by placing cones around perimeter with at least 15 paces between stations.
2. Place 2 cards on each cone explaining the activities at that station. Place any necessary equipment at each station.
3. Disperse students equally among stations.
4. Describe and have students demonstrate all outdoor activities with a focus on proper technique. Describe the rotation between stations.
5. When the music is on, have students work at their station, focusing on technique. When the music is off, rotate to the next station.
6. Continue until the stop signal.

**** Lesson Enhancement:** Have students replicate this activity at home with household items, then have them share how they did the circuit instead of watching TV or playing video games.