



PHYSICAL

STAY ACTIVE

1999-2019

20

YEARS

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Education

Hot Spot Challenge

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Overview: This is an age-appropriate take on circuits that's fun and accessible.

Time: 10 minutes.

Equipment required: An open space. Any equipment used for each exercise, such as skipping ropes, is optional.

Benefits:

- An intense cardio session that's sure to burn off some energy.
- Great for timing at the end of the day.
- Challenges every child individually - pushing their own personal best.

Preparing:

1. Arrange between three and six different areas around the playground or room.
2. Assign each area with a different exercise. Demonstrate the exercise at each station and make sure everybody knows what they're doing.
3. Examples include jumping jacks, push ups, skipping rope jumps, lifting a football off the floor and holding it above their heads and squat jumps.

Playing:

1. Decide a station to start on.
2. When you blow a whistle, ring a bell or call out, the players try to do as many of each exercise they can do in 30 seconds.
3. After 30 seconds, signal that it's time to move to the next station - they only have 10 seconds to swap around!
4. To make it more difficult, you can increase the time that they do each exercise for (but increase the time between each set, too).