

Formats for running exercise activities with no equipment

No Structure Formats

Shipwreck

Teach various activities in response to commands e.g. starboard, port, Captain's coming, scrub the deck, climb the mast.

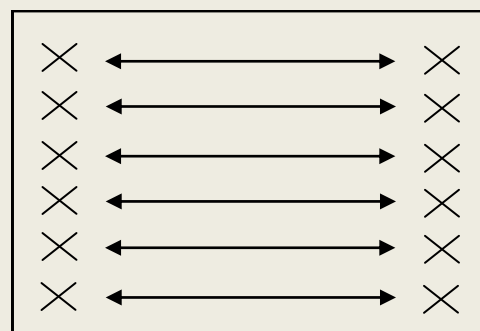
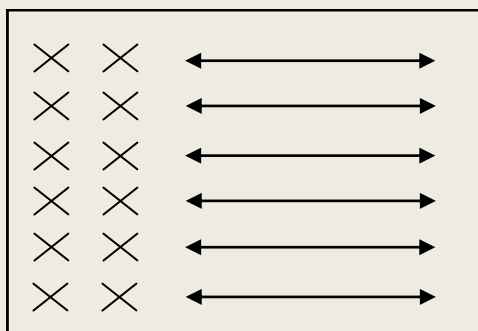
Clumps

A little game to make doing exercise a bit more interesting. Have the group doing exercise and then without notice call out a number. Individuals have to huddle together to form a group of that number. If they miss out they continue in the exercise but are out of the game.

Line Formats

Pairs Relay (2 lines only)

One person from each pair follows the lead of the instructor. The other person in the pair runs a shuttle. Both lines can start on the same side of the space you are using or you can have one line on each side of the space



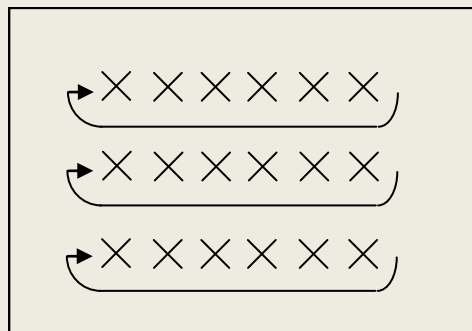
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On the River/On the Bank

Tell the children to visualise themselves on the bank of a river. You can do a variety of exercises on the spot when on the bank. When you call 'in the river' everyone has to jump to the left and perform a vigorous swimming action until you call 'On the bank' again.

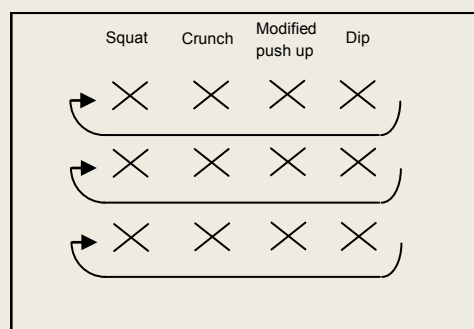
Follow the leader

Works for multiple lines. Teacher can lead one line and other lines follow. Include fun novelty activities like holding each other's shoulders to form a snake. Great for practising FMS variations such as side gallop and skip.



Line Circuits

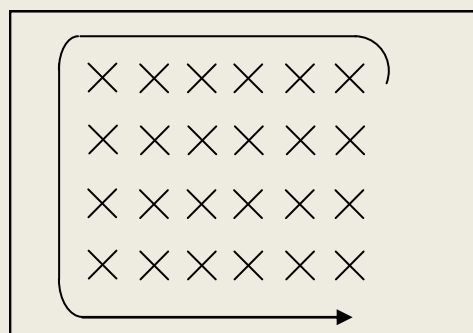
Each person in line does a different activity. Front person runs to back when set reps completed, everyone moves up one.



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Line Circuits continued...

Each line does a different activity. End line runs around back of group to take up first line position.



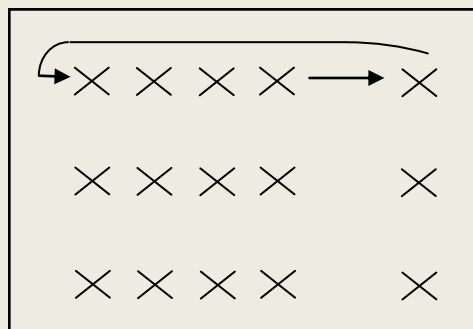
Line Four - right leg lunge

Line Three - plank

Line Two - left leg lunge

Line One - modified push up

All lines do same activity. First person in line comes out front to do challenging activity such as 10 squat jumps.



Circuits General

Utilise the environment you have to set up interesting circuits e.g. one group doing wall press ups, one group doing step ups on stage steps, one group doing a shuttle run, one group doing bench dips.

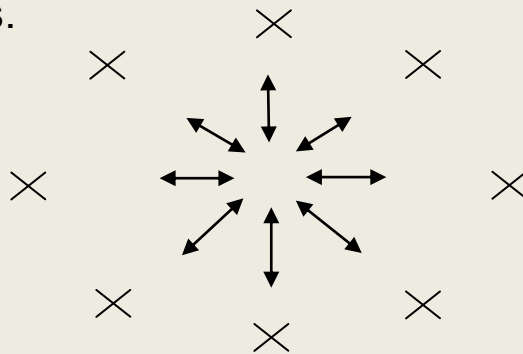
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Circle Activities

Detective - Group exercises in a circle. Teacher nominates one person to leave the group (Detective) and not look while someone is selected to be a leader. The detective returns to the circle and tries to pick who is leading. When they get it right they can choose the next detective.

Number Off - Number the children off in a circle. The numbers you call must run a lap around the circle trying not to be tagged by the person behind them (can be done weaving in and out of the other individuals in the circle).

Pulsing circles - Short runs in and out using various locomotion steps.



Toad in the hole. Half group form a circle – the other half exercise inside the circle while the circle runs around the outside.

