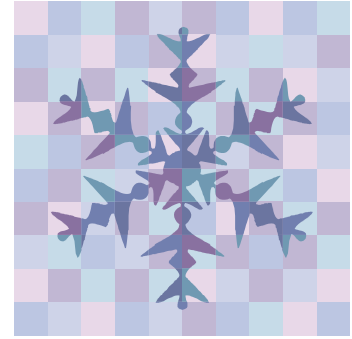


DPA - Wacky Winter Circuit



Grade: Intermediate

Facility: Gymnasium, multipurpose or outdoors

Materials: Audio equipment and music optional, 4-6 balls (no more than 10 lbs.), mats

Activity Description: Winter is just around the corner! Get your students excited about the upcoming wacky weather with the Wacky Winter Circuit!

Overview:

Set up stations around the activity area.

Divide students into small groups of 3 to 5.

Assign each group a start point on the circuit.

Students work at the station for 1 minute and move to the next station on your signal.

Station 1: Snowball Push

Do push-ups: 10 against the wall, 10 on the floor, repeat. Push ups can be modified to have students keep their knees on the ground.

Station 2: Skier Jump Rope

Do 20 side to side jumps for slalom, do 20 high knees together for moguls.

Station 3: Sit-ups

Do 25 partial sit-ups on the floor.

Station 4: Super Shuttle Run

Sprint 10 meters from line A to line B; repeat.

Station 5: Snowman Lifts

Lift a ball (medicine ball) from the ground above the head and back down to the ground; repeat. To pick up a medicine ball properly, bend down and get in squat position, pick up the medicine ball with two hands, then slowly straighten legs to standing position, keeping back straight.

Station 6: Icicle Jump

Standing in front of a wall, jump to touch the wall as high as possible (grab an icicle); repeat.

Station 7: Cold Seat

Sit with back against the wall, legs at 90 degrees to form a chair position and hold.

Station 8: Jump for Joy

Do a variety of jacks (e.g., jumping jacks, star jump, stride jump).

Station 9: Run for It!

Jog around the area

Safety Considerations: Remind students to be cautious when moving and be aware of the personal space of others.

Source: [Ontario Physical and Health Education Association - Ophea.net](http://Ophea.net)

Ophea's Fabulous Fifty Activity Card Set, December DPA Card, 2006